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**Muckleshoot Monthly**  
 39015 - 172nd Ave. S.E.  
 Auburn, WA 98092

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**PAID**  
 AUBURN, WA  
 PERMIT NO. 86



# Muckleshoot MONTHLY



Vol. XVII No. VI

Muckleshoot Indian Reservation, Wash.

July 15, 2016

## HR Director Donny Stevenson

*Donny Stevenson recently shared some thoughts and reflections upon the occasion of his appointment to the position of Muckleshoot Human Resources Director...*



Donny Stevenson

It is with a great sense of pride and humility that I have accepted the role of Human Resources Director for the Muckleshoot Indian Tribe.

I am an enrolled member of the Muckleshoot Indian Tribe who was born and raised here on the reservation. I have been blessed to work for the tribe in one capacity or another since 1997 – virtually my entire adult life.

I've had the privilege of serving in a number of different roles over that time. I started out in an entry level position with our Casino and worked my way all the way up to an executive level manager after about ten years on the job.

I then came to work in my current department of Human Resources as the Employee Relations Specialist, working directly with policy development and administration.

Additionally, I was blessed with the opportunity to work directly with the Muckleshoot Tribal Council in a support role. I was able to see first-hand how hard our leaders work for the Muckleshoot people and what type of dedication it takes to serve as a leader for today's Muckleshoot Tribe.

All of these experiences have prepared me for the role I currently play and have helped me to form a unique understanding of the needs of the Tribe and our Tribal community as it relates to Human Resources for our sovereign government.

In thinking all the way back to my very first job with the tribe, it was as a youth worker when I was 13-14 years old. I was assigned to our old Resource Center and Shirley Taylor was my very first supervisor in the workplace. I'll tell you what: Shirley has not changed over the years! She always told me exactly what she was thinking and needed and still does to this day!

Actually, it was a great experience. I showed up – thirteen-years-old or not – and what she expected was the same of me as

*Continued on page 2*



PHOTO BY JOHN LOFTUS

## Muckleshoot Enjoys Another Banner Year for Education

*By Joseph Martin, MIT Assistant Tribal Operations Manager for Education*

**MUCKLESHOOT** – We all gathered together on the evening of Friday, June 10, 2016 in the Muckleshoot Tribal School Gymnasium to celebrate the graduation of 24 more high school seniors during the course of the 2015-2016 academic year.

I am extremely proud to state that the graduation of 24 high school seniors in one year is an all-time record in the history of our Muckleshoot Tribal School. Since we opened our beautiful Muckleshoot Tribal School seven years ago, our total number of high school graduates is 119.

To put this in perspective, the nine year period from 2001-2009, a total of 32 students graduated at the old tribal school. This means that the old tribal school averaged 3.5 high school graduates each year for the nine years (2001-2009) before our Muckleshoot Tribal School moved to its new campus in September 2009.

The graduation of a record 24 more high school seniors for the 2015-2016 academic year continues our consistency of graduating an average of 17 students per year for the past seven years.

This is an amazing year for our Muckleshoot Tribal School graduates and we are all proud of their incredible accomplishments. I want to recognize them and highlight some of their future plans:

- **Aaron Arterberry**, Muckleshoot – Evergreen State College
- **Courtney Bennett**, Muckleshoot – Working for MIT
- **Brason Blandov**, Alaskan – Working in Alaska (fishing)
- **Marlin Brown**, Muckleshoot – Central Washington University
- **Patience Daniels**, Muckleshoot – Northwest Indian College
- **Celeste Edwards**, Muckleshoot – Gene Juarez Academy
- **Shahayla Elkins**, Muckleshoot – Working for the Muckleshoot

**Language Program**

- **Katelyn Lozier**, Muckleshoot – Northwest Indian College
- **Teddy Marquard**, Muckleshoot – Working for MIT
- **Edna Moses**, Muckleshoot – Working for MIT
- **Daniel Ortiz**, Muckleshoot – Palomar College
- **Juanita Ortiz**, Muckleshoot – University of New Mexico
- **Robert Scarcy**, Quinault – Working for MIT
- **Gloria Simmons**, Muckleshoot – Northwest Indian College
- **LaShawna Starr**, Muckleshoot – Green River College
- **Natasha Underwood**, Muckleshoot – Northwest Indian College
- **Alyssa Vaiese**, Muckleshoot – Everett Community College/Seattle University
- **Anthony Ward Moses**, Muckleshoot – Palomar College
- **Shaughnessi Hicks**, Muckleshoot – Clover Park Technical College – Working for MIT
- **Leo Goodluck**, Muckleshoot – Graduated in August – Working for MIT
- **Juanita Hernandez**, Muckleshoot – Graduated in August – Working for MIT
- **Chanteya Hicks**, Muckleshoot – Graduated in August – Working for MIT
- **Danyelle Sarabia**, Muckleshoot – Graduated in January – Gene Juarez Academy
- **Nicholas Serrato**, Muckleshoot – Graduated in August – Working for MIT

At our MIT Higher Education Graduation Dinner on June 16th.  
*Continued on page 2*

## Call for Tribal Artists!

Exterior painting of the Muckleshoot Casino will begin on July 1, 2016, which will result in a whole new fresh look for the casino!

As part of the finished product, Salish-themed artwork will be featured and prominently placed on several locations of the exterior building.

Muckleshoot Tribal Artists are encouraged to submit their original artwork for consideration to be displayed on the building.

If you are interested in submitting your original artwork for consideration, or have questions regarding the process, please contact:

**Tyrone Simmons**

**Phone:** (253) 804-4444, ext. 3355

**Email:** Tyrone.Simmons@muckleshootcasino.com

**Please submit your notice of official interest (no artwork yet) by no later than AUGUST 1st.** Further instructions will follow after the list of interested artists has been compiled.



PHOTO BY JOHN LOFTUS

## Carlson Relay Captures 2016 Muckleshoot Gold Cup

**Over 5,000 fans witness the thrills of Indian Relay Racing on Championship Sunday!**

**EMERALD DOWNS** – Carlson Relay from the Blackfoot Nation in Montana won the championship race, with rider Chazz Racine and his team receiving belt buckles, jackets, and the Muckleshoot Gold Cup trophy for their efforts.

Eighteen of the nation's best Indian Relay teams from Idaho, Montana, Oregon and Washington competed over the weekend for their share of \$50,000 in cash prizes.

Finishing second to the Carlson team was Grizzly Mountain from the Colville Tribe, while Little Badger, another Blackfoot team, took third. Completing the championship results were Marchand Relay from Colville, Starr School from Blackfeet, and AwaSapsii, also from Blackfeet.

Earlier in the day Mountain River from the Nakota-White Clay Tribe in Montana won the first consolation race. In the day's most exciting finish Abrahamson Relay from Colville came from behind rail and edged out Pikuni Express from the Blackfoot Nation to capture the second consolation race.

Tribal Chairman Virginia Cross presented the Muckleshoot Gold Cup trophy to Carlson Relay, while Emerald Downs Vice President Jack Hodge presented the winning check.



Tribal Chairman Virginia Cross presents the Muckleshoot Gold Cup to the Carlson Relay team.

PHOTO BY JOHN LOFTUS

Relay racers are used to racing on 5/8-mile tracks, while Emerald's is a full mile, so the teams have adapted by switching horses twice per lap instead of once. Emerald's new 25 x 47-foot high resolution video screen greatly enhanced the viewing experience this year, allowing fans to clearly see close-ups of the exchanges taking pace on the back side of the track.

"It was an amazing weekend of competition – everyone had a blast," said Emerald Downs President Phil Ziegler. "We're already looking forward to next year's Gold Cup."

Go to YouTube and enter the search term "Muckleshoot Gold Cup" to watch all the races!



PHOTO BY EVAN AVILA

## Town Hall Meeting Re-Cap

By Evan Avila

On June 20, 2016, a Town Hall Meeting was conducted at the Muckleshoot Elders Complex. The purpose of the meeting was to update Tribal Members on the advances that have been made in the strategic plan and to voice community concerns.

The meeting began with a presentation by CEO Neil Cornelius outlining the recent advances that have been made toward accomplishing the goals described in the strategic plan and presenting the steps that will be taken to expand upon these goals in the future.

At the conclusion of Neil's portion of the meeting, the floor was handed over to tribal members so everyone could voice their questions and concerns.

Once everyone had spoken, participants exchanged ideas and suggestions about what the community would like to address in future meetings.

The next Town Hall Meeting will be held on Monday, July 18, at the Elders Complex from 6:00 pm to 8:00 pm and will include a presentation / Q&A session with the Housing Department.



**Town Hall Meeting**  
**July 18th, 2016**

**Location:**  
**Elders Complex**

**Time:**  
**6:00pm - 8:00pm**

- Refreshments Provided
- Meeting called to order at **6:00pm**
- No Raffle items

## REGISTER TO VOTE!



Claudia Kauffman of the MIT Government Relations staff (at right) is shown here registering voters at the recent Elders Benefits Fair at the Elders Center. National, state, and local elections are coming up soon, now is the time to sign up if you're not already registered! For more information, contact Claudia (e-mail: CKauffman@muckleshoot.nsn.us phone: 253-876-3167) or Madrienne Salgado (e-mail: Madrienne.Salgado@muckleshoot.nsn.us phone: 253-876-3190).



## DONNY STEVENSON *continued from page 1*

it was of any other employee. I remember very clearly... I had to be there on time and she wanted me to look a certain way, behave a certain way.

I was working the front desk, so I had to answer the phone in a certain way and refer folks back to the offices – a really great experience as far as my first workplace setting, and Shirley really set the bar. She helped teach me what it meant to be a professional.

I actually thanked her, a couple of years ago. I remember coming to the realization how much that skillset had really helped me throughout my career and actually taking the time to approach Shirley and let her know that her influence had worked its way throughout my career, that both working for the tribe and the idea of service, and what that program was, and then also just the idea of expectations of a professional. Those teachings really have influenced me and that was a great introduction to the Tribe as a workplace.

But, I've been fortunate that I've always had an open door and window to the programs that were available here at the tribe, and I've always been able to have a place – regardless of where I've gone professionally – to come back to, in terms of it being home.

At this point, I'm actually twenty years into a career within the tribe, which is crazy! When I look back on it, I've really have had a heck of a lot of opportunity, given the age I've grown up in, and I'm of that last generation that grew up "pregaming."

The reservation that I grew up on looks a heck of a lot different today than it did then, and I can really appreciate where we are today. The type of growth, and the type of service, and the type of programs that we have available are pretty amazing. To be able to look at where we are today, and some of the just amazing resources that we as Muckleshoot tribal members have available to us, is something we should all be proud of and something we should thank all of our leaders for – past and present.

One of the points of pride about where I work, and one of the reasons that the tribe has always been and will always be the best place I've ever worked, is that there is such a clear intent and such a clear purpose as to why we're all here. This rings especially true considering the size of organization the Muckleshoot Tribe is today. We currently employ one-thousand employees day-to-

day. Every single one of those positions very clearly exists for one very direct reason, and that is the health, the welfare and the benefit of Muckleshoot tribal members.

It doesn't matter what you do here – if you're a cashier at the market and deli or you're the medical director of our medical facility – every role we have is a social service role. We're all here for the Muckleshoot tribal people, and to be able to have such a clear, such a direct, such a quantifiable goal is a beautiful thing to be able to say about where you work.

I am blessed to show up to work on a day-to-day basis and talk about positive change in our community and really to be able to live that – to be able to make a difference in people's lives in a way that we can actually see on a day-to-day basis.

That's a truly amazing thing to be able to say – that I can help somebody get a job or help somebody reach a goal or complete a benchmark, and watch that impact in their life and the life of their children and the life of their family. I get to see and be a part of that positive change in their life that they have worked to accomplish.

I also know that we have the ability to leave a real legacy; that the change and the positive difference we make today – all of those day-to-day little victories – add up to a big picture goal that's in mind for a better future for tomorrow.

I'm proud and honored just to be a part of that every day. I can really say that I've had the ability to be a part of that – to honestly work to make a real positive difference today and to watch that positive difference play out in the here and now, but also to know that it is going to have a positive impact into the future. I think because of the fact that – obviously – I'm a Muckleshoot tribal member, I take the responsibility very personally as well. Those people who come into Human Resources... not only do I know them, but I probably know their parents and their children and much of their personal and family story, so that when I see an application come cross my desk, it's not a name on paper. This is a family member, or this is a friend, or this is somebody who has

*continued on page 9*

## ANOTHER BANNER YEAR FOR EDUCATION *continued from page 1*

we celebrated the wonderful accomplishments of our graduates. We had 13 Muckleshoot Tribal Members graduate with college degrees in 2015-2016. We want to congratulate all of our Muckleshoot Scholars who tackled this huge milestone of achieving their college degree in 2015-2016.

- Ryan Wilson – Master of Occupational Therapy – University of Washington
- Andrew Burdette – Bachelor of Arts, Leadership and Organization – Antioch University
- Jonathan Herda – Bachelor of Arts, Tribal Governance and Business Management – Northwest Indian College
- Jesse McDaniel, Jr. – Bachelor of Arts, Liberal Arts – Evergreen State College
- Maureen Moran – Bachelor of Arts, Tribal Governance and Business Management – Northwest Indian College
- Angelica Rodarte – Bachelor of Arts, Criminal Justice – University of Washington
- Joylene Simmons – Bachelor of Arts, Ethnic, Gender, and Labor Studies w/Law and Policy Minor – University of Washington
- Fay Allen – Associate of Arts and Science – Northwest Indian College
- Marilyn Martin – Associate of Arts and Science – Northwest Indian College
- Franklin Ross – Associate of Applied Science, Automotive Technology – Green River College
- Lori Simonson – Associate of Arts and Science – Northwest Indian College
- Tyler Spencer – Associate of Arts and Science – Northwest Indian College
- Alexandria Youngman – Associate of Arts – Seattle Central College

Our Muckleshoot Tribal Members continue to achieve great success by earning degrees and certificates in higher education through the support of our Muckleshoot Scholarship Program. We all want to celebrate the wonderful accomplishments of our Tribal Members who are achieving college

degrees at the highest level, from numerous high level programs regionally, and across the country.

We also achieved excellent numbers of graduates from our Muckleshoot Department of Education programs. If you combine the total number of graduates from Head Start through higher education, it would look like this:

Muckleshoot Early Learning Academy (Head Start) – 57; Tribal School kindergarten – 42; 5th grade – 36, 8th grade – 28; high school – 24; Muckleshoot students graduating from other local high schools – 15; higher education: college degrees – 13; post-secondary certificates – 41; and, finally, GEDs – 6.

The 2016 Muckleshoot Tribal graduation resulted in another all-time record number of graduates with a total of 262 graduates (an increase of 46 graduates from last year).

I want to take this opportunity to salute all of our proud 2016 Muckleshoot graduates and all of our families. I am extremely proud of all the dedication and hard work that our students, families and staff members contributed to making the educational experiences of our students so successful.

We are looking forward to every one of our Muckleshoot graduates taking advantage of our Muckleshoot Scholarship Program, achieving their college degree or higher education certificates, and being hired for positions of leadership here at the Muckleshoot Tribe, or in our greater community.

I want to thank each and every person who contributed their time and hard work to make this 2015-2016 academic year and graduation season so successful. We all have witnessed and participated in another historic graduation season for the Muckleshoot Indian Tribe.

Let us also give thanks to the many tribal elders and tribal leaders whose dreams and hard work have made the Muckleshoot Indian Tribe's vision of "Education as a Lifelong Journey" possible.



## Last call for Skopabsh Royalty contestants!



For anyone who's been thinking running for this year's Skopabsh Pow-Wow Royalty, but hasn't yet gotten started, now is the time to make up your mind and get going on it! The Skopabsh Pow-Wow is coming up soon – August 19-21, 2016.

### What are requirements, expectations, and characteristics of Skopabsh Royalty?

Royalty members are young role-models for our community; they display commitment to academics, cultural traditions, and a healthy lifestyle. They are confident, reliable, and respectful. They should also be of Muckleshoot decency and their parent or guardian must be a tribal member or work for the Muckleshoot Indian Tribe.

### Royalty responsibilities include, but are not limited to:

- Representing self and our community in a respectful manner in any situation.
- Participation in as many cultural and public events as possible, I.e. Pow-Wows and
- Community/ local events such as Tribal dinners, City parades, etc.

### Contestants will be judged in the following areas:

- Public speaking
- Dancing
- Ticket sales

### Categories include:

- Miss Skopabsh (13-18)
- Jr. Miss Skopabsh (7-12)
- Lil' Miss Skopabsh (6 & under)
- Warrior (12-18)
- Lil Warrior (11 & under)

Tickets can be obtained from Wendy Lloyd She can be reached by phone at (253) 804-8752 ext. 3211 or by E-mail at [wendy.lloyd@Muckleshoot-Health.com](mailto:wendy.lloyd@Muckleshoot-Health.com)

*\* Only a limited number of tickets will be distributed at a time, funds will need to be submitted before additional tickets are issued.*

The Deadline for all ticket stubs, remaining tickets, and money, to be turned in to Wendy is **Sunday, August 21st at noon, Muckleshoot Powwow Grounds.**

## WALKING ON...

### Norma "Wassie" Lee Eyle

Norma "Wassie" Lee Eyle, 77, of Enumclaw, died July 11, 2016. She was born June 18, 1939 in Auburn, WA to Stanley and Mildred Moses.

She served on the Muckleshoot Tribal Council and many committees, including the Resource Center, Election, Sal-Hal, Planning, Education, Youth, Seniors and Events. Years ago, she drove the Head Start bus.

Wassie was a strong member of the Shaker Church. She especially enjoyed playing Sal-Hal, which is a major family activity for the Eyles.

She is survived by her sons, Nelson N. Eyle and Clinton J. Eyle; daughters, Norma I. Eyle, Elizabeth D. Eyle, Evelyn L. Eyle; brother, Stanley Moses, Jr.; sisters, Sharon LaClair, Constance Courville, and Sallie Courville. She is also survived by 11 grandchildren and 22 great grandchildren.

Funeral services were held on July 14, 2016 at the Muckleshoot Shaker Church followed by burial at Old White Lake Cemetery. Please sign the online guest book at [www.weeksfuneralhomes.com](http://www.weeksfuneralhomes.com)



### Joel Abella

Joel Michael Abella, born August 14, 1985, in Yakima, WA, passed away on June 17, 2016, in Auburn, at the age of 30.

He was a man blessed with a great sense of humor; he could make anyone around him laugh. Watching corny movies, eating sunflower seeds with his mom, and just relaxing were a few of the many things he enjoyed doing. He was also a family man – a son, a father, a brother, cousin, nephew, and good friend.

He is preceded in death by his grandmothers, Bessie Abella and Reyes Coward; his grandfather Tony Abella; his aunt Jane Howtopat; and a sister.

His is survived by his mom, Lenette Abella of Auburn; his father, Joel Coward of Yakima; his brother, Benjamin Abella of Auburn; his son, Mason Abella of Yakima; his aunts, uncles, sisters, and many cousins and friends.

The viewing was held on Monday, June 20, 2016, from 1pm-3pm at Weeks' Funeral Home followed by the 7pm candlelight services at the Muckleshoot Shaker Church. The funeral services were held at the Muckleshoot Shaker Church on Tuesday, June 21, 2016, at 10am. Burial was at the new White Lake Cemetery.

*"On behalf of my mother-in-law Lynn, and husband Benjamin, I would like to thank everyone that helped with laying my brother-in-law Joey to rest – from the cooks, gravediggers, shakers; council members Kerri, Louie, and Virginia, and everyone else that contributed in any way, whether monetary, prayers, etc. The family really appreciates everyone that stepped in to help in these difficult times."*

– Glorianna Abella



### John Broady Jr.

John Edward Broady Jr. was born in Columbus, Ohio, and raised in Chicago, Ill. He joined the U.S. Army Paratroopers and ended his military career a Korean War Veteran.

He joined the medical staff at Harborview Medical Center in Seattle, WA, in the late 60's - early 70's. After leaving Harborview, John dedicated his life to raising his children, grandchildren, and great grandchildren.

John is preceded in death by his parents John and Corabella Broady Sr; siblings Dede and Kenneth Broady; and his beloved wife Vivian Broady.

He is survived by brothers, Raymond and Ronald Broady; children, Anna Alba(7), Sadora Broady(2), Jody Abbit(2), Monique Lege(4), Alex and Melanie Broady(7), John Broady III(5), Jimmy Broady(4), Janell Skinner(3), and Annette Thompson(3). He has over 35 grandchildren and 12 great grandchildren.

John was not only a great father to his children but a strong father figure to so many more. He loved everyone like his own. Everywhere he lived (Highpoint, Cedarville, 16th and Jefferson, Graham, and the new Holly Park) he brought more into the family. We would love to name everyone but there's not enough paper in the world.

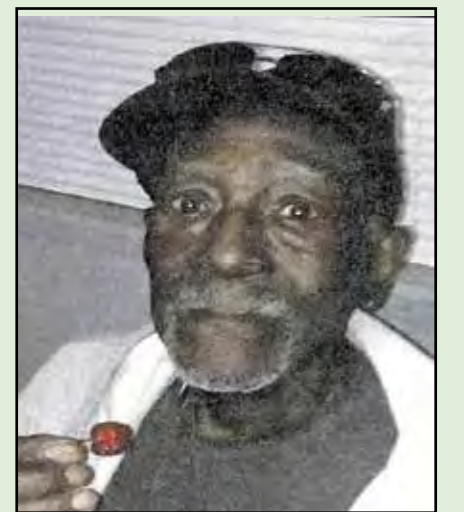
One of daddy's favorite songs was "Love & Happiness" by Al Green; something we should all keep in our hearts, love and happiness. His favorite pastime was reading. Any book that had to do with spying, murder, and crime was his thing. Another favorite was walking with Jay, the most loyal dog ever.

The Broady Family would like to thank everyone for their love, support, and prayers in this time of loss.

Daddy and Mom (Vivian) have been reunited and will take the next journey once again together.

We Love You Daddy

John Broady will be truly missed.



You are invited to Memorial Services for

**AMOS "TUBBS" COURVILLE JR.**

&

**LORETTA E. "SISTER" HAWK-SWEARINGEN**

Saturday, August 6th, 2016

@ 9:00 AM

1910 Shaker Church

White Swan, WA

Followed by memorial and giveaway

Lunch to follow

**CANOE JOURNEY 2016**  
**Paddle to Nisqually**

təqʷuʔməʔ  
 "Don't forget the water"

**Muckleshoot to host Canoe Journey on Wed., July 27**

Canoes will begin coming ashore at Alki Beach at noon. 80 to 100 canoes are expected. Hosting will continue at Muckleshoot in the evening. There will be an open floor with fun dances and singing for all. Everyone is welcome to come and join in the fun!



**CASINO NEWS**

Tribal Development Program Spotlight:

**Participant of the Month Ambrosia Andy**

PHOTOS BY TARA HOWELL

The Tribal Development Program would like to acknowledge an outstanding participant for the month of June.

Ambrosia Andy started with Muckleshoot Casino as a dishwasher and joined the program in September of 2012. Since then, Ambrosia has graduated two positions in Accounts Payable and F&B Revenue Audit.



She has now worked her way into an accounting technician position in the VGD Audit department of Finance. She has been in her current position since November of 2015, and continues to thrive within the world of Finance.

She does not have a favorite part of Finance because she has enjoyed every aspect of it. Accounting brings work and Ambrosia loves that she is constantly busy. She gets to experience new things with each year, including a tradeshow to NAFOA (Native American Finance Officers Association) where she was able to learn about the world she works in.

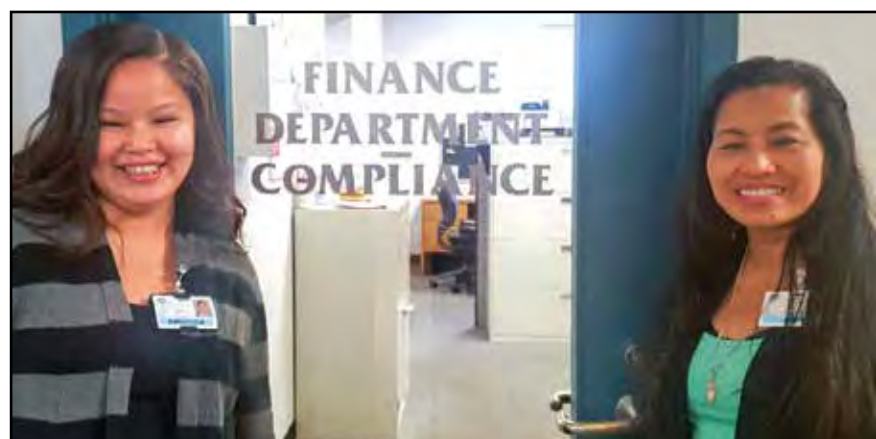
As of now, Ambrosia is rolling with the flow of the learning experience without a set end goal because there are so many things for her to discover.

Since becoming an accounting technician, Ambrosia has been awarded Team Member of the Month, for the month of May. She was very proud of this accomplishment and worked hard to earn it. She feels she has come a long way, with her communication being her biggest accomplishment; especially now when people come to her for help.

Her trainer and Manager, Judy Rose, always has positive things to say about her and describes her as "smart, sweet, cheerful, diligent, positive, and friendly." If you ask Judy, she is beyond happy to work with Ambrosia.

Ambrosia's experience in the Tribal Development Program has been a positive learning experience for her. She is happy she has the opportunity to learn the best position for her and is provided with all the training she needs. The L.E.A.D events are fun learning opportunities, as well as the tradeshow and classes that Muckleshoot Casino sends her to.

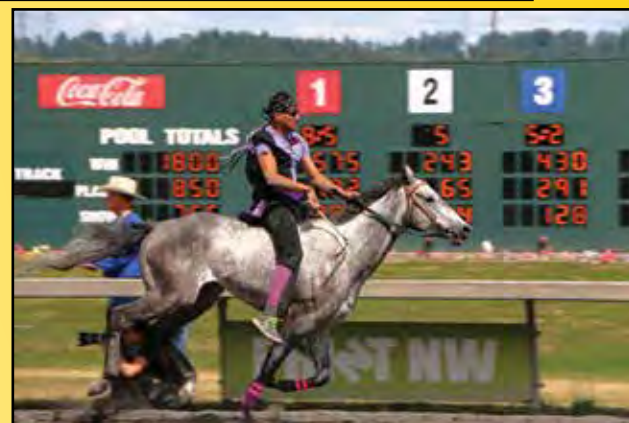
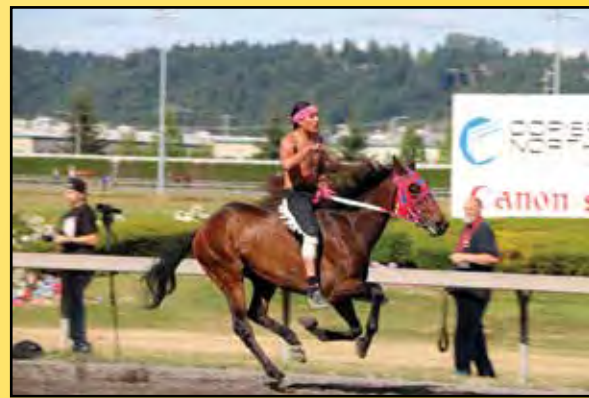
Congratulations Ambrosia for being our Participant of the Month. You have worked hard to earn this!



# MUCKLESHOOT GOLD CUP INDIAN RELAY RACES

June 10, 11 & 12, 2016 ~ Emerald Downs

PHOTOS BY JOHN LOFTUS





## New Program in Early Childhood with Muckleshoot and Green River College



Cathy Calvert

Are you looking for a rewarding career working with children? The Muckleshoot Tribal College is working in collaboration with all Tribal Early Education Departments within the Tribe, and Green River College to develop an Early Childhood Education Certificate program.

This is an exciting opportunity for those currently working in our Tribal Education Departments, and for those who are in need of further certification, and degrees. The program is designed with, what is referred to as, stackable degrees. This means that one certification builds upon another and if interested, a student can continue in their courses with all their classes and credits counting towards a certification, or a progressive degree pathway.

We are excited to work with a well-established Early Childhood Program like Green River. These courses will meet the needs of our Tribal Early Childhood employees, and programs, as well as those who may be interested in entering this very important field of education.

The program is developed in a cohort model of 15-20 students. Those Muckleshoot Tribal members interested should contact the Muckleshoot Scholarship Department in order to apply for financial scholarships. Others should apply through Green River and work with them regarding any scholarships available through Green River College.

The stackable degree program will take a student through an Early Childhood Initial Certification of 12 credits. This program will begin this summer, then progress to Fall 2016, a State Short Early Childhood Education Certification Specialization –General (Statewide) of 20 credits, then on to a State Early Childhood Education Certificate with a culmination of 52 credits.

Green River College's IBEST program will be embedded within the program. IBEST is a program that supports students by having extra faculty in classes with students who need extra academic support. This support has been proven to be successful in assisting students in their educational progress in certificate programs and their ability to complete college level academic work.

Those eligible for the cohort are Muckleshoot Tribal members eligible through the Tribal Scholarship, or Muckleshoot willing to cover their own educational costs, high school juniors, and seniors, in a Running Start program, and community members willing to cover their own expenses.

Please contact Cathy Calvert if you have any questions about this new Early Childhood Program and opportunity. We would like to provide support to help those interested in enrolling in the Tribal Scholarship program, as well as Green River College. The program will begin this summer so it is important to begin your enrollment process early. Also please notify me of your interest to become a part of this program.

Cathy Calvert  
 Director of Curriculum and Instruction  
 Muckleshoot Tribal College  
 253 876-3076 catherine.calvert@muckleshoot.nsn.us

**NWIC:**  
 June 27th – August 19th  
 Summer quarter Registration is OPEN  
 Fall quarter BEGINS September 19th

**MOST Program:**

Janet Emery, Program Assistant, 253-876-3355  
 Renee Lozier-Rojas-MOST Program Liaison, 253-876-3292  
 Andrew Mikel-MOST Program Computer Literacy Instructor, 253-876-3305  
 Cord Rose, MOST Program IT Instructor, 253-876-3344  
 Denise Bill, MOST Program Manager, 253-876-3345

**GED Learning Center:**

The GED Learning Center (GLC) works to prepare second-chance adult learners in the Muckleshoot Community to obtain their GED credential. We seek to serve students by offering free or low cost educational support, engaging students with cultural and real world curriculum, and building GED graduates to become work and college-ready.

**Contacts:**

Cary Hutchinson  
 GED Instructor  
 253-876-3375  
 Cary.Hutchinson@muckleshoot.nsn.us

Mitzi Judge  
 GED Test Administrator  
 253-876-3395  
 Mitzi.Judge@muckleshoot.nsn.us

**Northwest Indian College:**

Two Associate's level degrees:  
 The Associate of Arts and sciences (AAS), often referred to as the "Direct Transfer Degree"  
 The Associate of Technical Arts in Chemical Dependency Studies (ATA-CH)

**Two Bachelor's level degrees:**

The Bachelor of Arts in Tribal Governance and Business Management (TGBM)  
 The Bachelor of Arts in Community Advocates and Responsive Education in Human Services (C.A.R.E.)

**Contacts:**

Site Manager: Kendra Aguilar  
 Phone: 253.876.2831  
 Email: klaguilar@nwic.edu

Instructional Aid/Technician: Melissa Reaves  
 Phone: 253.876.3274  
 Email: mreaves@nwic.edu

**MIT Scholarship Program:**

The Muckleshoot Indian Tribe believes that each tribal member should have the opportunity and support from the Tribe to achieve his or her educational goals. The Tribe views the Higher Education and Vocational-Technical Scholarship Program as an investment in both the tribal member and the future of the tribal community.

**Contacts:**

Marie Marquez, Financial Aid Director at 253-876-3382.  
 Dena Starr, Scholarship program Manager at 253-876-3147  
 Victoria Lucyk, Acting Academic/Career Counselor at 253-876-2845  
 Melissa Scearcy, Admin. Specialist II at 253-876-3378

**The Evergreen State College**

The Evergreen State College, Grays Harbor and Peninsula Colleges collaborate to provide a Bachelor of Arts degree on various Indian reservations in western Washington. Students can earn an AA through the on-line Reservation-Based, Community Determined Program. Once they earn their AA, or once they have 90 transferable credits, students can transfer into the Reservation-Based B.A. program. Designed for place-bound students with connections to tribal communities, the program has been "reservation based" from the beginning with classes held on Indian reservations in western Washington.

**Contact:**

Cindy Marchand-Cecil – Evergreen  
 Phone: 360.458.4226  
 Email: marchanc@evergreen.edu

**Continuing Ed:**

Mitzi Judge Phone: 253.876.3395  
 Email: Mitzi.judge@muckleshoot.nsn.us

### Early College Program Muckleshoot Tribal College

**Dates and Hours:**  
 Monday –Friday, July 6- August 2  
 9:00-5:00 pm Monday –Thursday  
 9:00-12:30 Friday

**Courses Offered:**

1. MOST Office Assistant Training Class  
**Beginning Certificates: Accreditation offered Green River College. Students will earn a Certificate of completion from GRC. This will be a 3 credit quarter college class.**
2. Math 98  
**This will be a 5 qtr. credit college class offered through Northwest Indian College and will consist of 50 contact hours.**
3. NASD 101, Conventional Native Language  
**This will be a 3 credit qtr. class.**
4. NASD 188, Native Remedies.  
**This will be a 3 credit qtr. college class.**

For further info call 253 876-3183

### GED Learning Center Calendar July 2016

Now Open Fridays 8:00 am to 5:00pm

- July 18th – GLC open 8:00 -6:00
- July 19th – GLC open 8:00 – 7:00 /  
 Language Arts Workshop 5:30 – 7:00
- July 20th – GLC open 8:00 – 6:00 / GED Exam 8:00 – 5:00
- July 21st – GLC open 8:00 – 7:00 / Self Study 9:00 – 10:30 /  
 Social Studies Workshop 5:30 – 7:00 / GED Exam 4:00 – 8:00
- July 22nd - GLC open 8:00 – 5:00
- July 25th – GLC open 8:00 – 6:00
- July 26th – GLC open 8:00 – 5:00 / No Workshop
- July 27th – MTC CLOSED FOR TRAINING NO TESTING
- July 28th – MTC CLOSED FOR TRAINING NO TESTING
- July 29th – GLC open 8:00 – 5:00

## Accepting Applications for Fall 2016

**Early Childhood Education Certificate Cohort**

Earn your ECE Certificate by August 2017

**Nurturing**

**CARE**

**Learning**

**Teaching**

**Playing**

**Communi**

**At Home**

**A Place to Grow**

For more information contact Cathy Calvert 253.876.3076

**Early Childhood Education Certificate Cohort**

Earn your ECE Certificate by August 2017

**Learn at home**

**Cohort**

**Student Support**

**Our Goal**

**APPLY BY 5.27**

**Target Population**

**Prepare for a career in Early Childhood**

**Muckleshoot Education Department is working with the Green River College Early Childhood Program**  
 All classes will either be in person or hybrid (one in person and online learning). In-person classes will be held at the Muckleshoot Child Development Center after normal work hours. Finally, all program hours can be completed at MDC or other licensed early childhood employees.

**A cohort model is a best practice for program completion**  
 Students will progress through the Early Childhood Education Certificate Program together. Cohort benefits students by providing academic and logistical support in order to complete program requirements in a timely and supported way. Cohort members will build strong bonds between students, and help create a professional network.

**Muckleshoot will fund strong student support services**  
 Muckleshoot will work with Green River to ensure that students have advising, tutoring, and program completion support both at Muckleshoot and at Green River, including an "ambassador" cohort member who will help identify student needs early.

**50% completion rate**  
 Our goal is an 80% cohort of 20 students, of those 20, we will strive to provide support to ensure that 90% or 18 of those students will complete their ECE state certificate by the end of Summer 2017.

**Muckleshoot tribal members in good standing with the Muckleshoot Scholarship Program will be fully funded.**  
 This includes books, tuition, and living expenses. MIT Tribal members with a disqualification status will not be eligible for MIT Scholarship support, but are encouraged to participate so that the Scholarship Program can help work them into "in good standing" status.

**We want to recruit Muckleshoot tribal members of all ages**  
 Especially tribal members who already work at MDC, NICE, the Tribal Center, or as home care providers. We also hope that current high school students with at least junior standing will participate. Many of the classes can be taken on Running Start classes, and will be available after regular school hours.

**Earning an ECE certificate will allow you to either as an Instructional Assistant at any Muckleshoot early childhood site or the cohort model delivers on its student outcomes, we hope to expand the scope to take advantage of the newly developed Early Childhood BA to be offered by Green River in the next few years.**

For more information contact: Cathy Calvert 253.876.3076



## MIT Scholarship Program

*Believing in Education*

If you have questions or are in need of assistance, please email or call us!  
**Phone: 253-876-3378 Email: ScholarshipsDept@Muckleshoot.nsn.us**

During application periods visit our **online application** to apply.  
<http://Scholarship.muckleshoot.nsn.us>

For more info about the scholarship program, visit our **website**.  
<http://tinyurl.com/mitScholarshipProgram>

### Application Periods

<b>Summer 2016</b>	<b>Winter 2017</b>
April 15th—May 27th	Oct. 21st—Dec. 2nd
<b>Fall 2016</b>	<b>Spring 2017</b>
July 8th—Aug. 19th	Jan. 20th—March 3rd

## Scholarship Orientation

Scholarship Orientation will be required of each student once per academic year before receiving funding. Required orientation will start with the 2016-2017 academic year (Summer 2016).

**Summer 2016**

- Tuesday, May 31<sup>st</sup> 5:30pm-7:30pm
- Thursday, June 2<sup>nd</sup> 3pm-5pm
- Friday, June 3<sup>rd</sup> 1pm-3pm
- Tuesday, June 14<sup>th</sup> 5:30pm-7:30pm

**Fall 2016**

- Tuesday, July 19<sup>th</sup> 5:30pm-7:30pm
- Thursday, July 21<sup>st</sup> 1pm-3pm
- Tuesday, August 2<sup>nd</sup> 1pm-3pm
- Wednesday, August 3<sup>rd</sup> 5:30pm-7:30pm

**Winter 2017**



- Tuesday, December 6<sup>th</sup> 5:30pm-7:30pm
- Thursday December 5<sup>th</sup> 1pm-3pm

**Spring 2017**

- Tuesday, March 7<sup>th</sup> 1pm-3pm
- Wednesday, March 8<sup>th</sup> 5:30pm-7:30pm

Online Orientation will be offered for out of state students and those unable to attend an in-person orientation session. Please contact us if you need to do online orientation.

**ScholarshipsDept@Muckleshoot.nsn.us 253-876-3378**

## ATTENTION MIT SCHOLARSHIP RECIPIENTS

**PLEASE BE AWARE THAT COUNCIL ADOPTED RESOLUTION 13-217, revised policies, guidelines and procedures of the Scholarship Program-Higher Education & Vocational-Technical**

Please stop by the MIT College or MIT Scholarship Building to pick up a copy or email us at: [ScholarshipsDept@Muckleshoot.nsn.us](mailto:ScholarshipsDept@Muckleshoot.nsn.us) to request a copy. Please call us for any questions you may have or call to set up an appointment to go over the new policies at 253-876-3378.

*Also for those that might not be aware the MIT Scholarship Application can only be filled out online at <http://Scholarship.muckleshoot.nsn.us>*

**Summer2016 deadline is May 27, 2016 at 5pm!!**    **Fall2016 Dates: July 8- Aug. 19**  
**Winter2017 Dates: Oct.21- Dec.2, 2016**    **Spring2017 Dates: Jan.20- Mar.3**

Please read all the instructions and make sure you attach all required documents!!!! Please call our office for assistance. The Education Committee meets on Mondays, so your application and/or Appeals must be into our office on Wednesday's by no later than 1:00p.m., to ensure that it will be on the agenda for Education Committee to review.

For more information please contact the MIT Scholarship Office.

Office hours: 8:00 am to 5:00 pm  
Fax No. (253) 876-3082

**Marie Marquez, Financial Aid Director (253) 876-3382**  
[Marie.Marquez@Muckleshoot.nsn.us](mailto:Marie.Marquez@Muckleshoot.nsn.us)

**Dena Starr, Scholarship Program Manager (253) 876-3147**  
[Dena.Starr@Muckleshoot.nsn.us](mailto:Dena.Starr@Muckleshoot.nsn.us)

**Melissa Searcy, Administrative Specialist II (253)876-3378**  
[Melissa.Searcy@Muckleshoot.nsn.us](mailto:Melissa.Searcy@Muckleshoot.nsn.us)

**MIT HIGHER-EDUCATION AND VOCATIONAL TECHNICAL SCHOLARSHIP PROGRAM POLICIES**

### Q & A About Head Start Health Documents

#### Why Does Head Start Keep Hounding Me About Health Documents?

There are currently 3,542 performance Head Start programs across the United States. One component of these standards is health. Head Start programs are required to collect health documents for all enrolled students within a specific timeframe. Part of our job is to determine a child's health status (whether they need additional follow-up or are up-to-date on medical and dental care). We are required to collect physical exams, dental exams, immunizations, vision, hearing, and developmental screenings to make this determination. Once we have this information, we can partner with families to assist in finding affordable health insurance (if applicable), finding a primary care provider, requesting records, making appointments, and following up with providers, as needed.

#### What Does All This Have To Do With My Child Going to School?

Children who are struggling with health, dental, vision, hearing, and developmental issues and concerns, are not as ready to learn as those children who are following up regularly with the child's primary care provider and dentist, receiving support services (if needed), and maintaining consistent attendance at school due to good health all contribute to a child's overall success at school.

### Auburn announces new AugustFest Celebration New Festival will take place August 12-13

Auburn Days – Auburn's main summer celebration for many years – will take on a different look this summer. The change includes a new name: AugustFest. Over the past several months, plans for a new festival have been developed that blends pieces of the former Auburn Days with pieces of a new festival in Les Gove Park.

AugustFest will kick off on Friday, August 12 with a 5K Fun Run and Kid's Loop-de-Loop at Les Gove Park, held in conjunction with the Summer Sounds & Cinema concert and outdoor movie

On Saturday, August 13, the Auburn Days Parade will begin at 11:00am on Main Street. The new AugustFest festival at Les Gove Park will run from 11:00am until 8:00pm on Saturday and will include two entertainment stages, a beer garden, food vendors, craft and specialty vendors, community and non-profit vendors; a zip line, inflatables, a rock-wall, a train, pony rides, mini golf and much more! A Commemorative Car Show will also take place at Les Gove Park- 12pm-5pm.

Applications for Arts & Craft Vendor spaces, which are \$50 before July 8, \$65 after, are available through the Auburn Parks & Recreation Department.



Lights, Camera, Action: MTS students and staff enjoy some freshly popped popcorn at the premier of the Sla-Hal movie, directed by Lyn Dennis.

# Muckleshoot Summer Camp Participates in First Salmon Dinner Preparations

June 24th, 2016, Muckleshoot Elders Complex / Philip Starr Building





# Deadliest Catch Television Star Visits the Muckleshoot Tribal School

By Dorothy Jenkins

World famous Time Bandit captain, from the Deadliest Catch reality television series, Johnathan Hillstrand, was invited by Stacy McDougall to visit the fourth graders on June 10, at Muckleshoot Tribal School.

Captain Hillstrand entertained students and staff with readings from his children's book series. He not only wrote the crabbing and ocean themed books, but also illustrated them.

Captain Hillstrand explained that he was injured in a bull riding accident a few years ago, and while laid up in the hospital decided to write some children's stories for his young grandchildren. He also wanted to illustrate the books, and having only a large set of color Sharpie markers, he was able to create beautifully eye-catching pictures on each page.

Captain Hillstrand wanted to write a trio of books, which his publishers said could never be done within a year. Being a man who has a penchant for meeting challenging situations head on, he proved them wrong and wrote three books, "Adventures of Little Bird", "Adventures of Joey and Andy Crabs", and "Adventures of Joey, Andy and Little Bird".

Captain Hillstrand gave each student a set of his signed books and posed for photos with each and every person. There were a few staff members who were speechless and star-struck to see such a famous person at our school.



# Cedar Weaving With Doris Allen

PHOTOS BY EVAN AVILA



## Carbohydrates

With all of the contradicting information available, eating healthy can seem unrealistic and overwhelming. It seems as though one article recommends one thing, while another recommends the exact opposite. As a dietitian my job is to breakdown nutrition so it's easier for patients to understand.

One of the most confusing topics in my field is carbohydrates, also known as "carbs." When most people think of carbs they think of foods like bread, pasta, rice and sugar. Most people do not know that yogurt, juice, pop, fruit, chips, milk, potatoes, corn, and peas are all carbs as well. Actually, all vegetables are considered carbohydrates but only a few of them are what we call *starchy vegetables*, meaning they are high in carbohydrates.

A carbohydrate is any food made of sugar, starch, or fiber, and when these foods are absorbed by the digestive tract, they are broken down into what is known as *glucose*. Glucose causes our blood sugars to rise and is then referred to as *blood glucose*. Some people might recognize the term blood glucose if they are diabetic or familiar with diabetes. Having high blood glucose levels can be very damaging to our bodies and that's why it's so important to faithfully take your medications if you're diabetic and to watch your carbohydrate intake whether you're diabetic or not!

One thing that's important to understand is the fact that all carbs are not bad; your body actually needs carbohydrates to function. Carbohydrates break down into glucose as mentioned above and glucose is the main source of fuel in the body. The human brain is designed to run off of glucose and it provides us energy to think, breath, move, eat and do many other things. Carbohydrates also spare protein so it can do its own job of building and repairing muscles. The problem with carbohydrates in the American diet is

that we eat way too many of them. Not to mention, the majority of carbs in the American diet are *refined carbohydrates* which are the worst type.

The average American eats one pound of sugar and flour each day, that's 365 POUNDS of sugar and flour every year! Candy, pop, juice, energy drinks, bread, chips, cookies, crackers and all other refined carbs are eaten in abundance and they drastically raise our blood sugar levels. When your blood sugars get high, your body uses what it needs for immediate energy and then stores the rest of the glucose as fat.

This fat is stored in all of the areas you don't want it, like around the belly region which is the worst place for excess fat because that's where all of your organs are located. Refined carbs cause weight gain, heart disease, insulin resistance and obesity, yet they offer us no health benefits.

On the other hand there are the good carbs like the non-starchy vegetables, broccoli, cauliflower, carrots, asparagus, and green beans just to name a few. These non-starchy vegetables do not raise blood sugars drastically and they offer tons of great health benefits. Non-starchy vegetables can help fill up your plate without adding a bunch of carbohydrates and they are packed with fiber, vitamins and minerals to keep your bowls moving properly, maintain healthy skin, hair, nails, sustain your energy and even prevent disease!

Cutting back on refined carbs and sugar also decreases food cravings because you fill your plate with more nutrient dense foods such as non-starchy vegetables, healthy fats and proteins. This also allows your body to take back control of properly regulating its appetite.

### So how can I reduce carbohydrates in my diet?

The first tool you can use is your plate. When looking at your plate during meals, ½ of it should always be filled with non-starchy vegetables, ¼ of your plate should be protein and healthy fats and only ¼ of your plate should be carbohydrates.

The second step (and possibly the most important) is to cut out sugar as much as possible. Even though it's ideal to stop eating sugar all together, this can be extremely tough to do. You can start cutting down on your sugar intake by doing it gradually. If you currently drink two sodas a day, try cutting it back to one. If you currently use three teaspoons of sugar in your coffee, try cutting it back to two. By gradually cutting back on your sugar intake you are more likely to be successful in the long run.

The third step leads us straight to food labels. To figure out if a packaged food contains sugar, look at the nutrition ingredients list. There are many names for sugar including *corn syrup*, *cane sugar*, *dextrose*, *raw sugar*, *high fructose corn syrup*, *sugar* and *sucrose*. If any of these items are listed, that means the food has what is called added sugar and should be eaten in very small amounts or even avoided. After just a couple weeks of cutting back on your sugar intake you may notice you sleep better, crave sugar less, lose some weight and even feel more energized.

For more information about carbohydrates and eating a healthier diet, call (253) 939-6648 to schedule an appointment with me, Kaleigh Krantz, at the HWC. Hope to see you soon!

In Good Health,  
Kaleigh Krantz, RD

## SAY HELLO TO OUR NEW MEIHSS STAFF MEMBERS...

### Brenda Ward, Community Health Representative

Hello everybody! My name is Brenda Ward. Most of you have seen me already, but now I am in a new position with the Muckleshoot Elders In-Home Support Services. I am now a community health representative (CHR).



Before this, I was at the Muckleshoot Health & Wellness center in a couple different areas including: main switchboard, business office float, CHS support clerk, and last registration clerk for a couple of different years.

Before the MHWC I worked at the Muckleshoot Market and Deli.

I was blessed to be hired on with MEIHSS as a CHR because I love my community. Ever since I could remember I have always wanted to help my people, and I have begun my work, now, in this field.

I look forward to seeing you all around the community. If it is not during work hours you will almost always see a little itty bitty by my side and that is the angel I take care of; her name is Aleena.

Some people say I look mean and serious but here is a little secret, I am not mean haha I am very much approachable. Thank you and God bless,

*Brenda*

### Deborah Hagan, Registered Nurse

My name is Deborah Hagan and I am a registered nurse from Enumclaw, Washington. I have been a nurse for many years. I graduated from Highline Community College in 1992 with a bachelor's degree in nursing with an emphasis in applied science.



I have worked for the past 10 years as a critical care nurse for various hospitals in the greater Seattle area. I was a charge nurse and supervisor at Auburn Regional Medical Center from 2002-2008 and was director of nursing services for several skilled nursing facilities including: Lifecare, Kidred, and Parkwest. I was also a home infusion registered nurse.

I have a wonderful husband with 8 children and 12 grandchildren that all live in Western Washington. I am thrilled that after all my years of working; I only have an 11 mile commute!

My passion is working with Elders. I love people and helping them. I am truly grateful and honored to be a part of the Muckleshoot Elders In-Home Support Services Program and to have the opportunity to learn about the Muckleshoot Tribe, its culture, and all of the great services that are provided to ensure quality to the entire community, especially the elders.



### Cathleen Sanderson, Registered Nurse

It is my pleasure to introduce myself, Cathleen Sanderson, to you all. I am a registered nurse and I started working May 9th, at the Muckleshoot Elders Complex with the Muckleshoot Elder In-Home Support Services Staff.



I graduated as a registered nurse in 2013, from Seattle Central College. I have a certificate of completion from the University of Washington in wound management care. Over the past two years, I have been caring for residents at various skilled nursing facilities in the area. I also worked as a school nurse for Highline School District. I was previously a certified nursing aid and took care of a lovely couple, in their home, while I attended college.

I am a firm believer in holistic care, treating not only the body, but also the mind and spirit. My passion is working with elders as they have such wisdom and, quite frankly, some really great jokes.

On a more personal note, I was born in Minneapolis, Minnesota. My dad is one of twelve children and my Mom is one of six, so like many of you, I also have many cousins. I have lived on the east side of Seattle for over twenty five years. I decided to become a nurse after my husband lost his battle with cancer in 2008, after I spent over a year taking care of him at home. I love gardening, stories, and enjoy learning about crafts of all types.

I am zealous about providing safe, high quality health care along with excellent customer service to the elder community at Muckleshoot. I look forward to meeting all of you and helping you with your health care needs.

### Pamela Oldenkamp, Staffing Coordinator

I am very excited to be working as the new staffing coordinator for the Muckleshoot Eldercare program.



I have been very impressed by the way Muckleshoot honors and values their elderly.

Over the past ten years, I have worked as a supervisor for various in home care agencies.

I enjoy spending time with friends, my four kids and two grandchildren. I also enjoy gardening, walking, and exploring fun events and new places in the area.

## Dance of Life

By Effie Tull



This is your time to dance with life. Who will be your partner in this dance of life? Open your eyes and see around you. What do you see? What music do you hear, or, do you hear music at all? Do you see hope or do you see discouragement?

To see through the darkness you must have light. Take time to observe the sky, the trees, and God's gift of nature for you.

As I look with my eyes, I see the trees dancing to the music of a breeze, or, on a windy day, swaying forcefully. I let the soft breeze sing and caress me and I embrace it. The Father lets me know I am loved and I feel His presence; my Father, master of all things.

My eyes watch the clouds move across the sky and I feel peace within me. I watch the lightning and hear the thunder roll across the sky. It is a promise of rain to refresh our earth. As the rain falls, I watch it bounce and jump upward. It is the rains dance of joy because it has completed its assignment to replenish the earth, for life to drink it in.

There is music all around us. Take time from the demands of life to see, listen, and feel it. Each day our father paints a new picture for our eyes to see in the sky, on the earth, and in our loved ones.

Breathe in life through the bad times and the good times. If you look through these eyes and listen with your heart, you can find something to have a thankful heart for. In the darkness and in the light of life, let the Father's Holy Spirit guide you through his love and wisdom.

I believe all things are possible if you have the faith to believe. This is your time to dance in life. Who will be your partner in this dance? What music will you hear and what will you see in the dance of life?

I've made my choice. I'm thankful and positively grateful for the music of nature I see and the pictures painted daily through the eyes of love for my Heavenly Father. I breathe in life, I hear his music, and I dance. This is the joy I feel every day.

The Holy Scriptures say, 'Unspeakable joy and full of his glory.' I choose to dance for him, the one who gave me life.

As Always,

*Effie*

## July 28th Is World Hepatitis Day

Hepatitis is a disease of the liver. Hepatitis may occur without symptoms, but can lead to jaundice (a yellow discoloration of the skin, mucous membranes, and conjunctiva of the eyes), poor appetite, and fatigue. Depending on the cause, hepatitis can manifest either as an acute or as a chronic disease.

Causes of hepatitis can be divided into the following major categories: infectious, metabolic, ischemic, autoimmune, genetic, and other. Infectious agents include viruses, bacteria, and parasites. Toxins, drugs, alcohol, and lipids are metabolic causes of liver injury and inflammation.

Hepatitis can present a wide range of symptoms, including little to no symptoms, all the way up to complete liver failure.

Muckleshoot Elders In-Home Support Services would like to remind people that one of the best ways to reduce the spread of hepatitis is to take the extra steps to stay clean. Wash your hands often, utensils, bedding and clothing with soap and hot water. Cook all food well and peel all fruit.

To prevent hepatitis, do not come into contact with blood or bodily fluids from anyone, especially if they have or are suspected of having hepatitis. This includes kissing or sex. Do not share needles, razors, scissors, nail files, or toothbrushes.

Get vaccinated. Currently you can get vaccinations for hepatitis A and B. It is advised to receive a series of hepatitis B vaccines before children start school. There is currently no vaccine for hepatitis C.

### Jackie "J.L." Carey

Community Health Representative  
Muckleshoot Elders In-Home Support Services

## Elders Picnic at Deep Lake



## Berry Picking



James 'Jimmy' Cross Sr. and Theresa Jerry when the Elders complex took them berry picking

## Happy Birthday

Brudette, Wendy	7/1	Daniels Sr., Patrick	7/17
WhiteEagle, Martin	7/4	Elkins, Marcella	7/18
Maurice, Janice	7/5	Barr Sr., Merle	7/18
Lenore, Jansen	7/6	Moses, Douglas	7/19
Briceno, Monica	7/8	Starr, Georgianna	7/19
Gomez, Cherie	7/8	Starr, Terri	7/21
Cabanas, Wilma	7/8	Moses Sr., Carl	7/23
Loretta, Williams	7/9	Hunt, Gary	7/23
Rincon, Carrie	7/9	Jake, Julius	7/25
Brown, Ronette	7/10	Suchan, Pearl	7/26
Eyle, Nelson	7/12	Cross Sr., James	7/26
Andy, Rosette	7/13	Martin, Rita	7/27
Moses, Sarah	7/14	Eyle, Evelyn	7/28
Courville, Barbara	7/15	Starr, Laurie	7/29
Spencer, Jon	7/16	Lopez, Miralee	7/30
Youngman, Jennifer	7/16	Starr, Joyce	7/30
Pierce, John	7/16	Davis, Leola	7/30
James, Lisa	7/17	Bowden, Phyllis	7/30

# Muckleshoot Veterans Pow Wow 2016

June 17, 18 & 19, 2016 ~ Muckleshoot Pow Wow Grounds

PHOTOS BY JOHN LOFTUS



## PENTECOSTAL



Art and Betty Shorting from Winnipeg shared a couple songs in a Sunday morning service.



A Korean group recently visited from Washington, DC. They had classes with a group of kids.



Lee and Lacey are proud to share Cam's 5th grade promotion picture.



A group of local Kenyans and their pastor shared a sermon in a recent Sunday morning service.

### Muckleshoot Tribe's Emergency Management Would Like to Introduce the Tribe's First Official Chaplain Team in History!

Please welcome us aboard as part of a Chaplains Crisis Team! We have begun to meet and train with other WC3 Chaplains of the Puget Sound area, in a variety of fields.

We are licensed and can perform the following in an official capacity: hospital/home visits, wedding ceremonies, organizational crisis situations... just to name a few!

We cannot conduct or hold any type of church services. We will mainly focus on crisis intervention efforts, but of course, we will each choose our own path on what we feel is best for each of us as a service to our communities.

It is an honor to have a team of dedicated and sincere Chaplains within the Muckleshoot Indian Tribal Community!

Please feel free to contact us with any questions, comments or concerns that you may have regarding our Chaplaincy within the MIT Community.

MIT EM Director Chaplain Ada McDaniel  
 ada.mcdaniel@muckleshoot.nsn.us  
 253-876-3247 desk  
 253-261-4724 cell



Tribal Member, Chaplain, Ada McDaniel



Elder Complex Employee, Chaplain, Uri Israel and Tribal Member, Elder, Chaplain, Effie Keeline-Tull

Please come join us for  
**MASS & Catechism**  
 At the Muckleshoot Catholic church

Catechism starts at 3:00pm  
 Mass starts at 5:00pm  
 As always, enjoy a nice dinner with us  
 and Father Pat Twohy after Mass  
 For more info. Please contact me at  
[Tara.Vasquez@muckleshoot.nsn.us](mailto:Tara.Vasquez@muckleshoot.nsn.us)  
 Or by phone at (253)347-6937

### RELIGIOUS CONTACTS

Please feel free to suggest additions

#### Muckleshoot Indian Shaker Church

- Dennis Anderson Sr., Minister
- Sandy Heddrick, Assistant Minister
- Carl "Bud" Moses, 1st Elder
- Lee Stafford, 2nd Elder
- Gerald Moses Sr., 3rd Elder
- Teri Starr, Secretary/Treasurer
- Ben Sweet, Traveling Missionary

**Muckleshoot Pentecostal Church**  
 Rev. Kenny Williams, Pastor

**Sweat Lodge**  
 Doug Moses, 425-301-60811

### Muckleshoot Pentecostal Church

Kenny Williams, Pastor

#### SCHEDULE

Sunday	11:00 AM	Church Service
Tuesday	12:00	Noon Prayer Meeting
Wednesday	6:30 PM	Bible Study
Thursday	12:00 Noon	Support Group Meeting
Thursday	7:00 PM	Spanish (language) Church
Friday	7:00 PM	Prayer Meeting
3rd Saturday	10:00 AM	Prayer Meeting

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

SERVICES AT 3:00 P.M.  
 EVERY SUNDAY  
 IN THE COUGAR ROOM  
 ALL INVITED

### St. Leo The Great

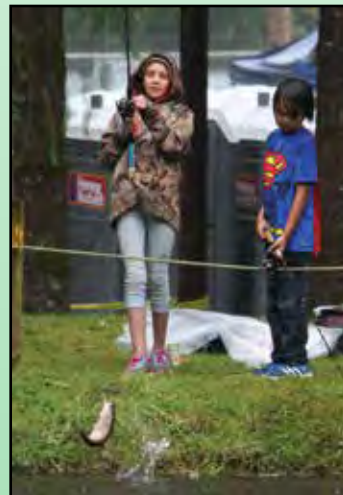
## Catholic Mass

Tacoma Kateri Circle of St. Leo Church  
 710 South 13th Street – Tacoma 98405  
 Catholic (Native) Mass with  
 Father Patrick J. Twohy  
 1:30 pm every Sunday  
 Circle meetings 2nd and 4th Sunday  
 Potluck every 3rd Sunday  
[www.katericircle.com](http://www.katericircle.com)  
 Facebook: Tacoma Kateri Circle

# Keta Creek Kids Derby

June 11, Keta Creek Fish Hatchery

PHOTOS BY EVAN AVILA



# FATHER'S DAY LUNCHEON 2016

June 14th, 2016, Health and Wellness Center Conference Room

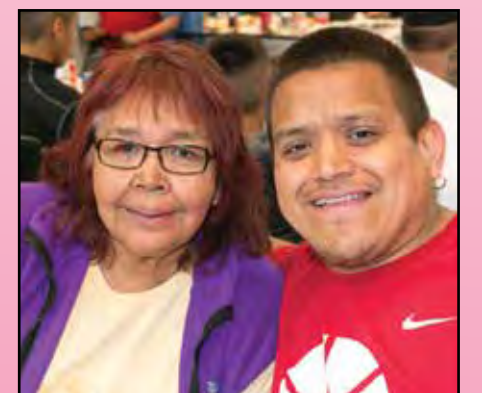
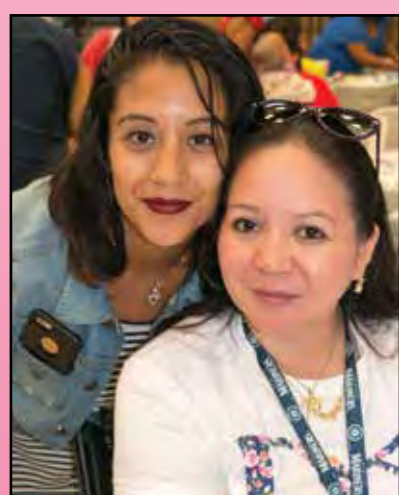
PHOTOS BY EVAN AVILA



# First Salmon Dinner

June 24, 2016, Muckleshoot Tribal School Gym

PHOTOS BY JOHN LOFTUS AND EVAN AVILA





## Casino Will Be Purchasing Huckleberries

The Casino will purchase quality huckleberries from Muckleshoot Indian Tribal members 16 years of age or older (Tribal ID must be shown at time of delivery) that are delivered clean (no stems or leaves) to the Casino in **one-gallon zip-lock bags**.

The casino will accept gallon-bags (5 pounds per bag-weight) for the 2016 huckleberry season, July 15 through October 15, 2016. A maximum of 10 one-gallon bags (5 pounds bag-weight) of berries from the same individual seller for the 2016 huckleberry season. The Casino will pay:

- \$55.00 per gallon for **Excellent** quality huckleberries; *and*
- \$45.00 per gallon for **Acceptable** quality huckleberries



Unacceptable quality huckleberries will not be purchased. Casino staff will determine the quality of the huckleberries.

All huckleberry deliveries should be made to Muckleshoot Casino at the warehouse dock (Door 4) located by the parking garage at the back side of the building down the delivery ramp. The huckleberries should be delivered in one gallon containers and they will be inspected and graded for quality at time of delivery. Delivery hours will match warehouse hours (7:00 a.m. – 3:00 p.m. *weekdays only*).

Pickers agreeing to sell their product will be given a receipt (load manifest) from the Casino documenting the transaction and authorizing payment to the picker for the huckleberries received.

The picker will receive payment from Muckleshoot Seafood Products, which is acting as the consolidator for the Casino. The picker should bring the load manifest receipt to **Lisa Sneatlum** or Carl Abbott at the Planning Office in the Phillip Starr Building. Receipt from the casino will be exchanged for cash payment at that location. If you have any questions please contact Lisa Sneatlum @ (253) 876-3325 or Carl Abbott @ (253) 876-3150.

## Top Tomatoes from Amy Shewchuck



Amy also likes to camp, hike, and fish with her partner, Strong Israel, both of whom are pictured here.

Almost all of the tomatoes, in over 40 gardens at Muckleshoot this year, were grown organically and donated by Amy Shewchuck.

Amy is an electrician, but her hobby when she comes home is growing healthy vegetables. Thankfully for Muckleshoot Elders who do not have a greenhouse yet, Amy grew and donated over 150 healthy tomatoes of several varieties in addition to zucchini, squash, and peppers.

Thank you Amy; for remembering our elder's and sharing the healthy organic vegetables that you have grown.

## Raphael Named First Gardener of the Month

By Uri Israel

Imagine living where everything you eat comes from your own garden, and your own village chickens. Think this was only in America one hundred years ago?

No, this is how Raphael, who is John Barr's caregiver, and his family live in Kenya. Raphael has been gardening since he was 7 years of age.

Kenya's main economy, diet, and activity comes from harvesting kale, tomatoes, tea, bananas, coffee, cabbage, beans, fruit trees, avocados, corn, and wheat, all of which are Raphael's favorites to grow.

Raphael was named Gardener of the Month thanks to his great skill in building and maintaining a healthy vegetable garden for John Barr. Raphael also introduced kale successfully into John's garden along with tomatoes, strawberries, lettuce, and variety of squash.



Raphael uses his talents and skills that he learned in Kenya to help John Barr have a great garden and healthy diet.



Here is a picture of Kenya from Raphael's collection. This picture comes from part of his farm.

### ḥəqəʃʉʈucɪd

Muckleshoot Language

## New Community Classes That Are Family Friendly

Are you and your family interested in learning Muckleshoot Language but you are worried that your children may not "sit through a class" maybe they "might get bored" ? Well toss all those thoughts aside and come check out the new and improved way that Muckleshoot Language is taught. We have staff to work with all ages birth to twelve years old through adulthood.

**Tuesdays 12:00pm-1:00pm**

**Tuesday Evenings 5:30pm-7:00pm  
July-August**

**\*Meals provided\***

**Location: Language Program Building  
39001 172nd Ave SE  
Auburn WA, 98022**



The Muckleshoot Language Program is pleased to announce the new set up of Community Classes. We now have a Circle Time Rug and space set up like your child is familiar with in an Early Childhood Setting (B-3, Head Start, MCDC) This allows the classes to be split into two groups; 6 years and younger in the Early Learning Area to learn colors, numbers/counting, animals and more. 7 years and older to remain in the regular classroom style area to learn the basics of ḥəqəʃʉʈucɪd and beyond.



If these evening days and times do not work for you and your family, please contact us for alternate days and times. We are flexible :)

Little Mary Ross 253-876-3306  
LittleMary.Ross@muckleshoot.nsn.us  
Eileen Richardson 253-876-3197  
Eileen.Richardson@muckleshoot.nsn.us

Plan ahead and be an informed voter!

## King County Elections 2016 Voter's Calendar

February Special Election (Check the website for participating jurisdictions.)

**January 11** Deadline to register online, mail in a voter registration form, or update registration info  
**January 20** Ballots and voters' pamphlets mailed - Watch your mailbox!  
**January 20** Accessible voting center at King County Elections opens  
**February 1** Deadline for new Washington voters to register in person  
**February 9** Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m.  
*This is the last day the accessible voting center is open*

April Special Election (Check the website for participating jurisdictions.)

**March 28** Deadline to register online, mail in a voter registration form, or update registration info  
**April 6** Ballots and voters' pamphlets mailed - Watch your mailbox!  
**April 6** Accessible voting center at King County Elections opens  
**April 18** Deadline for new Washington voters to register in person  
**April 26** Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m.  
*This is the last day the accessible voting center is open*

May Presidential Primary Election

**April 25** Deadline to register online, mail in a voter registration form, or update registration info  
**May 4** Ballots and voters' pamphlets mailed - Watch your mailbox!  
**May 4** Accessible voting center at King County Elections opens  
**May 16** Deadline for new Washington voters to register in person  
**May 24** Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m.  
*This is the last day the accessible voting center is open*

Primary Election

**July 4** Deadline to register online, mail in a voter registration form, or update registration info  
**July 13** Ballots and voters' pamphlets mailed - Watch your mailbox!  
**July 13** Accessible voting center at King County Elections opens  
**July 25** Deadline for new Washington voters to register in person  
**August 2** Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m.  
*This is the last day accessible voting centers are open*

General Election

**October 10** Deadline to register online, mail in a voter registration form, or update registration info  
**October 19** Ballots and voters' pamphlets mailed - Watch your mailbox!  
**October 19** Accessible voting center at King County Elections opens  
**October 31** Deadline for new Washington voters to register in person  
**November 8** Election Day - Ballots must be postmarked by today or returned to a ballot drop box by 8 p.m.  
*This is the last day accessible voting centers are open*



King County Elections: 919 SW Grady Way, Renton, 98057  
206-296-VOTE (8683), TTY Relay: 711  
www.kingcounty.gov/elections | Email: elections@kingcounty.gov  
Alternate formats available upon request

Is this normal?  
Is this embarrassing, Frank?  
Why is this happening?  
Is what I heard really true?

**CONFIDENTIAL**

- Do you have a burning question that you would like answered?
- Text in your question to 253-237-7052 and check our HWC Facebook page facebook.com/muckleshoot.hwc on Thursdays to see if your question was answered.
- If you are having a medical emergency call 911.
- If you are having a crisis between 8 am - 6 pm call HWC Family & Youth Services at 253-333-3605.
- If you are having a crisis after hours call the 24-hour crisis line at 1-866-427-4747.

## Domestic Violence Services & Resources

Muckleshoot Behavioral Health Program  
17513 S.E. 392nd St. Auburn, WA 98092  
(253) 804-8752

**OTHER RESOURCES**  
National Domestic Violence Hotline  
1-800-799-7233 (24 Hr)  
Washington Domestic Violence Hotline  
1-800-562-6025  
DAWN Crisis/Advocacy:  
425-656-7867 (24 Hr)  
King County Sexual Assault Center  
1-888-998-6423 (24 Hr)  
Crisis Clinic  
1-866-427-4747 (24 Hr)  
Seattle Indian Health Board  
206-324-9360

**SERVICES WE PROVIDE**  
Safety Planning  
Individual & Family Therapy  
Weekly Support Group  
Emergency Housing  
Assistance Obtaining Protection Orders  
Court Advocacy & Transportation  
Legal Referrals  
Individualized Resources  
Emergency Supplies  
Help Navigating Legal & Social Systems

*These services are available to all victims of domestic violence or sexual assault, men and women, any age*

Contact Behavioral Health if you or a loved one are affected by domestic violence, and we will assist you in getting help and support.  
Please don't wait, get help today!

## Get to Know Our HWC People... MaryAnn Ortiz, Referral Coordinator

Hello my name is Mary Ann Ortiz; I have been the referral coordinator at the medical clinic for six years. I schedule the outside medical appointments for our patients.

My job is rewarding, I am able to interact with patients and outside providers to help them get what they need from the specialist. I really enjoy working with the Muckleshoot Community and my co-workers here at the HWC.

I am a member of the Makah Tribe in Neah Bay, Washington. I moved to Tacoma from Forks, where both my kids attended school. I worked as an activity director/CNA for Forks Long Term Care for 11 years and then went on to work at my Tribe's clinic as a CNA for over five years before coming to the HWC.

I have been married to my husband Lucio for 16 years this June. We own a Taqueria in Hoquiam which my husband runs full time.

I enjoy spending time with my first grandchild who is nine months old. In my spare time I enjoy reading books and cooking. I love watching the Seahawks, Sounders and the Mariners! I spend the last week of August in Neah Bay celebrating Makah Days with my family and I am looking forward to introducing my grandson to his Makah Culture.



## Muckleshoot Needle Exchange Program

Muckleshoot Behavioral Health

**Services Offered:**  
Exchange used syringes for clean syringes  
Receive safe injection supplies  
Receive overdose prevention education and Narcan  
Receive tips on how to inject drugs safely

This is a non-judgmental service for Injection Drug Users. The purpose of the Needle Exchange is to get used drug injection equipment off of the streets and to keep our community safe!

Mobile unit every Friday from 2 to 4pm  
Location: Outside of Cedar Village in the old smoke shop parking lot in the HWC Outreach Van  
Any Questions? Contact Carol VanConett at Muckleshoot Behavioral Health: 253-804-8752

## Washington Apple Health

1-855-923-4633  
www.wahealthplanfinder.org

**IF YOU'VE HAD A CHANGE IN**  
- INCOME  
- FAMILY  
- ADDRESS  
**YOU MUST REPORT CHANGES WITHIN 60 DAYS.**

**LUCKILY, REPORTING A CHANGE IS EASY!**

COME SEE TONYA MONTGOMERY OR LISA ELKINS IN THE MANAGED CARE DEPARTMENT @ THE MUCKLESHOOT HEALTH AND WELLNESS CENTER.

MUCKLESHOOT HEALTH AND WELLNESS CENTER  
17500 SE 392ND ST AUBURN WA 98092  
253-939-6648

## Wa. Health Plan Finder Open Enrollment

**Open Enrollment is available now!**

- Survivors of domestic violence (DV) can now apply for and enroll in health insurance coverage through the Federal Marketplace at any time during the year! They do not need to wait for Open Enrollment to begin. This Special Enrollment Period (SEP) is available to anyone who has experienced DV.
- There are many health insurance options—
- Screening and counseling for domestic violence are now covered benefits as a result of the Affordable Care Act!
- Health coverage can help you get medical treatment that you may need.

There are regulations that clarify how married victims of domestic violence and their dependents can qualify for financial help when they apply for health insurance or apply for a hardship exemption if needed!

**FEEL FREE TO CONTACT THE MANAGED CARE DEPARTMENT AT THE MUCKLESHOOT HEALTH AND WELLNESS CENTER WITH ANY QUESTIONS! 253-939-6648**

## Prostate Cancer: A Leading Cancer for Men

This is one health problem men can lay full claim to -- after all, women don't have prostates. The prostate is a walnut-sized gland behind the penis that secretes fluids important for ejaculation and is prone to problems as men age. Prostate cancer is the most common cancer in men other than skin cancer. Close to 200,000 men will develop prostate cancer this year in the U.S.

But while one in six men will be diagnosed with prostate cancer in his lifetime, only 1 in 35 will die from it. "Many prostate cancers are slow-growing and unlikely to spread, while others are aggressive," says Djenaba Joseph, MD, medical officer for cancer prevention at the CDC. "The problem is, we don't have effective tests for identifying which cancers are more dangerous." Screening for prostate cancer requires a digital rectal exam (the infamous gloved finger) and a blood test for prostate specific antigen (PSA).

But in fact, "Screening has never definitively been shown to reduce the chances of dying from prostate cancer," according to Joseph. That's because screening finds many cancers that would never be fatal, even if undetected. Testing then leads to aggressive treatment of relatively harmless cancers, which causes problems like impotence and incontinence.

Should you get screened for prostate cancer? Some experts say yes, but "the best solution is to see your doctor regularly and talk about your overall risk," says Joseph. "All men should understand the risks and benefits of each approach, whichever you choose."



Vets Pow Wow 2016 - Chooch Striking His Pose

## Want Your Medical Bills Paid Quicker?

If you are getting statements from a doctor, hospital, x-ray, ambulance, lab and you received a PO number from CHS.  
If you have insurance and got a PO number from CHS, please bring in the EOB, paper from your insurance stating how they processed/paid your bill.  
Please bring the statement(s) and anything from your insurance to the CHS office, so we can pay your medical bills faster.  
Many times, your doctor does not send the CHS office your bills, then you keep getting statements... bring anything in that you get for your bills if you got a PO number.  
The CHS office can't pay a bill if we don't have it.

Thank you  
CHS Team  
(253) 939-6648

## SEEKING CCDF PROVIDERS

Do you have a genuine love of children and enjoy seeing them thrive in a safe and comfortable environment.  
Could you provide nurturing and fun learning experiences for a neighbor, friend, or family member's child/ren.  
We are seeking individuals that can offer - flexible or set days & hours for children between the ages of 0 through 12 years of age.

Give the Muckleshoot Indian Tribe's CCDF Program a call and see how you could get paid for providing childcare services.  
Call: Linda Eyle @ 253-876-3016, come by the MECE Building or, send me an Email: linda.eyle@muckleshoot.nsn.us.

Our children are our most precious resource. Parents shouldn't have to struggle to provide quality, affordable care when working, attending schooling, or training opportunities. Please partner with me in protecting this resource!

15599 SE 376TH St Auburn, WA 98092



**American Indian & Alaska Native Trust Income and MAGI:**  
**How it is used to figure if you Qualify for WA Apple Health (aka: Medicaid) and other Low Cost Health Insurance**

**Q: What is MAGI: (Modified Adjusted Gross Income)?**  
**A:** MAGI is your adjusted gross income as determined for Federal Income Tax purposes with certain income subtracted out.

**Q: What is the purpose of MAGI?**  
**A:** MAGI is used to determine eligibility for Medicaid and other Health Insurance Plans offered through the Health Plan Finder/Marketplace.

**Q: Are there special rules for calculating MAGI for American Indians and Alaska Natives (AI/ANs)?**  
**A:** Yes. MAGI is based on taxable, adjusted gross income that is reported to the Internal Revenue Service (IRS). Because some income received by AI/AN is non-taxable it is excluded in figuring the MAGI.

**Q: What types of AI/AN income are usually exempt from MAGI?**

- Distributions from Alaska Native Claims Settlement Act (ANCSA);
- Distributions from trust/reservation property;
- Income from related to hunting, fishing, and natural resources;
- Student financial aid from the BIA and/or Tribes;;
- Government income based on need such as SSI (Supplemental Security Income);

**Q: Is my Senior Income or Tribal (gaming) Per Capita excluded from MAGI?**

- No, Senior Income payments are not taxable and must not be included in your MAGI.
- Yes, Per Capita payments (gaming income) are included in your MAGI.

**For more information stop by the Managed Care Department At the Muckleshoot Health & Wellness Center 17500 SE 392nd Street Auburn, WA 98092**

*News you can use! Or, if you aren't sure why we ask about your income?*

**SICK AND DON'T WANT TO WAIT LONG HOURS IN A HOSPITAL E.R.?**  
**There are local Urgent Care Medical Centers that can help you.**

Sore Throat, Ear Ache, Ankle Injury, Upper Respiratory Infections: These are just a few of the conditions they can help you with. They can also do lab work and x-rays, if needed.

If you decide to go after 5:00pm or on the weekend, CHS does consider this as an emergency room visit.

**You must call CHS office for PO numbers within 72 hours/3 days of being seen.**

**CHS OFFICE – 253-939-6648**

If you are too sick to call, a family member or friend can call for you.

\*\*\*SOME URGENT CARE CENTERS YOU CAN CALL TO CHECK THE WAIT TIME\*\*\*

**MULTICARE URGENT CARE – AUBURN**  
 202 Cross Street SE | Phone: 253-876-8111  
 Hours: Monday – Friday, 8:00am – 7:30pm  
 Saturday & Sunday, 8:00am – 3:30pm

**MULTICARE URGENT CARE – KENT**  
 222 State Ave N | Phone: 253-372-7788  
 Hours: Monday – Friday, 9:00am – 8:30pm  
 Saturday & Sunday, 9:00am – 4:30pm

**MULTICARE URGENT CARE – COVINGTON**  
 17700 SE 272<sup>nd</sup> St @ Wax Road | Phone: 253-372-7020  
 Hours: Monday – Friday, 8:00am – 7:30pm  
 Saturday & Sunday, 8:00am – 5:30pm

**VALLEY MEDICAL CENTER – COVINGTON**  
 27500 168th Place SE | Phone: 253-395-2006  
 Hours: Monday – Friday, 8:00am – 8:00pm  
 Saturday & Sunday, 8:00am – 4:00pm

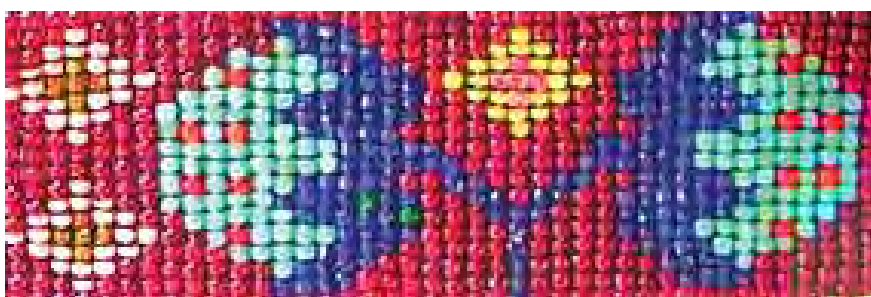
09/01/15 MH URGENT CARE NOTICE

**MIT HWC Stop & Shop New Service !!!**  
**New Stop & Shop service :**

To & from Enumclaw Safeway & Auburn Walmart Every Tues & Thurs round trips to each of these stores Starts at noon until 9:00 p.m. The last pick up run is at approx. 5:10 pm. Pick up is at the usual bus stops.



**NOTICE:**  
 The Feathered Healing Circle will begin meeting on Thursdays at 5:00 PM – Cynthia Lozier



**The Tribal Orthodontic Program - Braces for teeth.**

The Tribe does have a Tribal Orthodontic Program (TOP). It is only available to enrolled MIT members. In order to be a potential candidate for the TOP, you will be screened and have to meet the following criteria:

1. Enrolled MIT member
2. Demonstrated that you have good oral hygiene - take good care of your teeth and gums.
3. Demonstrated that you go to all your regular dental check-up appointments.
4. Have a strong desire to have braces - there are many that turn it down because they don't want to go through all that's needed for 2-3 years.
5. Are old enough to be capable of taking care of your teeth daily - can brush your teeth without being told and show that you will take care of your teeth in braces.
6. Be evaluated by an Orthodontist (dentist that specializes in braces) to see if you need braces-sometimes a tooth may need to be removed, because your teeth are too crowded.
7. Be able to pay for half of the total orthodontic treatment when the braces are put on.

**Frequently Asked Questions about Braces**

**Why aren't there more kids getting braces if they need them?**

**Answer:** Some kids, parents and adult patients don't want braces, you have to be committed to take the time to clean your teeth and braces after each meal and clean them really good every day for 2-3-4 years... Then you will need to wear a retainer for the rest of your life to make sure the teeth don't get crooked again. If a client says that they don't want them, we do go any farther with them.. This is a set up for failure, and the client's teeth could get ruined if they put braces on and don't take care of them. We will not risk a client looking bad and damaging their teeth because they didn't want braces in the first place. It's a lot of work having braces, they don't just put them on and that's it... no, the client has extra work for the next 2-3-4 years taking care of their teeth while these are on.

**Why do we have to pay half of the total amount?**

**Answer:** The Dental Program has paid for treatment in full up front for clients in the past. We had nearly a 90% failure rate. The client's missed many, many orthodontist appointments and some kids took the braces off with needle nose pliers, many clients didn't go the dentist to get regular check up, get fillings, get teeth cleaned and as a result the client's teeth looked worse than when the braces were put on. If a client has to pay for some of the cost, they will make sure the orthodontist appointments don't get missed and get regular dental check-ups. Besides, you will get 100% of the money you paid back if you complete your treatment on time, 75% back if you complete in 60 days of original end date, 50% if completed within 90 days of original end date..Etc. So if you complete on time, you get your money back.

Keep in mind, that if your treatment plan is 3 years, and you think that your teeth look straight after 2 years and you want them off, you will still be required to pay the full amount, whether your finish the treatment or not.

**How can I see about getting braces if I think I need them?**

**Answer:** Must be registered at the HWC and be a MIT member. Make an appointment at the Dental office, (253) 939-2131. Make sure you have a good track record of getting regular dental checks ups and taking care of fillings, cleanings etc. Ask the Dentist if you are an candidate for braces. If you are, you will be referred out to an Orthodontist and then go from there.

**New Registration Changes For the HWC Effective 04/01/16**

Questions? Call (253) 939-6648 Registration Clerk  
 We've made a few changes to how often MIT members have to update at the HWC.

- The Registration application has been made shorter.
- There is now a one page Update form.
- We've made these changes, because many MIT members don't move and everything stays the same from year to year.
- We do need to know when you get any kind of health insurance coverage and we need to know if it ends.
- We also need a current phone number to reach you.

A. All new applicants must complete and submit all required information to determine their eligibility for services at the HWC.

All current people registered at the HWC:

1. Enrolled MIT members who are CHS eligible will be required to update every three (3) years, or when their address, name, insurance coverage or Tribal affiliation changes.
2. Enrolled MIT members who are CHS eligible and over the age of 50 will be required to update every ten (10) years, or when their address, name, insurance coverage or Tribal affiliation changes.
3. Other non MIT natives that are CHS eligible will be required to update annually on or around their birthday , or when their address, name, insurance coverage or Tribal affiliation changes.
4. Other non MIT natives, who are CHS eligible based on an economic (full time employment with Tribal entity) will be required to update annually or, or when their address, name, insurance coverage or Tribal affiliation changes.
5. Other non MIT natives that CHS eligible based on a social tie (spouse, significant other or extended family member etc.) will be required to update annual or , or when their address, name, insurance coverage or Tribal affiliation changes.

So, if you've updated at the HWC:  
 In 2016, you won't need to update until 2019\*  
 In 2015, you won't need to update until 2018\*  
 In 2014, you won't need to update until 2017\*  
 \* Not unless your address, name, insurance coverage changes.

**QUITTING SMOKING CAN BE HARD, WE CAN MAKE IT EASIER**

THERE ARE MANY OPTIONS FOR SMOKING CESSATION.

WE CAN EVEN HELP YOU QUIT SMOKELESS TOBACCO PRODUCTS, LIKE CHEW AND SNUFF.

-THE BENEFITS ARE ENDLESS:  
 -SAVE MONEY  
 -SAVE YOUR LUNGS  
 -IMPROVE YOUR HEART HEALTH  
 -DECREASE YOUR CANCER RISK  
 -IMPROVE YOUR ORAL HEALTH  
 -DECREASE 2ND HAND EXPOSURE TO YOUR FAMILY  
 -DID WE MENTION SAVE MONEY

COME AND TALK WITH A MUCKLESHOOT HWC-PHARMACY MEMBER, OR YOUR MEDICAL PROVIDER.

YOUR MIND, BODY, AND WALLET WILL THANK YOU

Call Us at the Pharmacy TODAY: 253-333-3618 or contact your medical provider for a visit.

**What Happens When a SMOKER QUILTS?**

Quitting smoking will be hard as it will affect you mentally and physically, so be prepared for the withdrawal period. But did you know that you will feel the benefits, even just minutes after quitting?



- 20 minutes:** Blood pressure and heart rate are stabilized. Blood circulation improves.
- 8 hours:** Nicotine and carbon monoxide blood levels decrease by half. Oxygen levels normalize and will rejuvenate your skin and hair.
- 12 hours:** Carbon monoxide blood levels become normal.
- 24 hours:** Carbon monoxide in the blood is expelled. Lungs start clearing off smoking "debris".
- 48 hours:** Nicotine is completely removed from your body. Your senses get better.
- 3 days:** Your bronchial tubes let you breathe comfortably. Withdrawal symptoms lead to poor concentration but improved energy levels.
- 1 to 2 weeks:** Lung function and blood circulation improve.
- 2 to 12 weeks:** You may feel irritable and restless. Improved blood circulation gives your skin nutrients that help prevent wrinkles.
- 3 to 9 months:** New cell lining (cilia) develop in your lungs to alleviate respiratory problems. Increased appetite.
- 1 year:** Coronary heart disease risk is cut by half of that of a smoker.
- 5 years:** Mouth, throat, esophagus, and bladder cancer risk is half of a smoker. Lower risk of stroke and cervical cancer.
- 10 years:** Lower risk of pancreatic and larynx cancer. Risk of dying from lung cancer is half of a smoker's.
- 15 years:** Your risk of heart disease is same as of a non-smoker.

Source: <http://www.mercola.com/health/what-happens-when-smoker-quits>  
<http://www.dailymail.co.uk/health/article-171241/Quit-smoking-benefits-after-20-minutes.html>

Mercola.com  
 Your Partner in Health





**WHY ARE REGULAR DENTAL VISITS IMPORTANT?**

Regular dental visits are important because they help keep your teeth and gums healthy. You should have a regular dental visit at least every 6 months. And in between those examinations, it's important that you work to keep your teeth and gums clean and healthy. If you need additional help, your dentist may even suggest more frequent visits.

**You could win a  
\$50 Gift Card over age 13  
\$25 Gift Card under age 12**

**if you are not late and go to all your  
scheduled dental appointment(s) for that month.  
There will be two drawings on the last Thursday of the  
month for all patients that were on time and went  
to all their appointment(s).**

**For May, June, July, Sept, Oct, Nov and Dec 2016**

Remember to call 24 hours in advance if you cannot keep your appointment, so someone else can use your spot.

**Dental Clinic (253) 939-2131**



Let us help bridge the gap to health insurance coverage when a change in employment or other circumstances ends your current health insurance coverage.

Many people may qualify for free or low cost health insurance in 2016 due the following reasons:

- losing employment;
- Losing employer sponsored health insurance (ie: HMA);
- Getting married;
- Adding a child to the family through birth, adoption, or foster child placement;
- Losing health insurance due to divorce or separation;
- Moving between counties or states;
- Turing 26 and losing a parents coverage;

Visit the Managed Care Department at the Muckleshoot Health & Wellness Center  
17500 SE 392nd Street  
Or call Ph # 253-939-6648



**MUCKLESHOOT CARES ABOUT OUR YOUTH**



partners should... **VALUE** each other's individuality • **have EQUAL** say in the relationship • **RESPECT** each other's boundaries • **feel SAFE** being open and honest • **be able to SHARE** feelings without negative consequences

WHAT?

- **No one deserves to be abused and abuse is never the victims' fault.**
- **1 in 3 young people will be in an abusive or unhealthy relationship**
- **Violent behavior often begins between 6th and 12th grade. 72% of 13 and 14-year-olds are "dating."**
- **50% of young people who experience rape or physical or sexual abuse will attempt to commit suicide.**
- **Dating violence can affect anyone, regardless of age, gender, ethnicity, sexual orientation, or income.**

WHO TO CONTACT?

**Christine Mandry & Mathilda Dunn from the Behavioral Health Program (253) 333-3605**

**A healthy relationship has open and honest communication and an even playing field in which partners share control over decisions.**

**If you would like to speak with someone about dating violence, please contact: Mathilda or Christine @ (253) 333-3605 or the National Domestic Violence Hotline @ 1-866-331-9474**

**Love is Respect can help you identify healthy relationships [www.loveisrespect.org](http://www.loveisrespect.org)**

**Muckleshoot Behavioral Health Family and Youth Services**

**17500 SE 392nd Street, Auburn 98092  
Phone: (253) 333-3605**

**Health & Wellness Center Program Hours**

	Pharmacy	Wellness Center	*Shuttle Service
Monday	8-5 pm 8-6 pm	10 am-8 pm	9-9 pm
Tuesday	8-5 pm 8-6 pm	10am- 8 pm	9-9 pm
Wednesday	8-5 pm 8-6 pm	10 am-8 pm	9-9 pm
Thursday	8-5 pm 8-6 pm	10 am-8 pm	9-9 pm
Friday	8-5 pm 8-6 pm	10 am-8 pm	9-9 pm
Saturday	-----	10 am-2 pm	10-2 pm
Sunday		All Programs Closed	

\*There is no Shuttle/Bus service from 11-12 pm M-F.

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	Open
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Optical Clinic	(253) 735-2020	12:00-1:00
Pharmacy	(253) 333-3618	Open
Recovery House	(253) 333-3629	Open
Shuttle/Bus Service	(253) 939-6648	N/A Sat 10-2 pm
Wellness Center	(253) 333-3616	N/A Sat 10-2 pm
WIC Thurs Only 8-4:30	(253) 939-6648	12:00-1:00

**Health & Wellness Center Program Closures Aug & Sept 2016**

Day	Date	Times Closed	Reason for Closure
Thurs.	Aug 4th	8-9 am	Monthly All Staff Meeting
Thurs.	Sept 1st	8-9 am	Monthly All Staff Meeting
Fri.	Sept 2nd	All Day	MIT Employee Appreciation Day
Mon.	Sept 5th	All Day	Labor Day

**Child Find Screening**

**What is a Child Find Screening?**

Screening is a **free** check of your child's development—including:

- Large muscle development
- Eye-hand coordination (fine motor skills)
- Communication
- Concepts
- Personal-social skills, self help skills
- academic skills



**What is the purpose of a Child Find Screening?**

The purpose of the screen is to identify any factors that may interfere with your child's learning, growth, and development. The screening is also provided to help parents identify their child's strengths and weaknesses and provide home suggestions.

**What happens during a Child Find Screening?**

During the screening, your young child may stack small blocks, cut with a scissors, draw, count, name colors, jump, and have fun! For older children and teens it may include academic, social and emotional, communication screening. Following the screening, a trained professional will talk with you about the results of the screening. You will have the opportunity to ask any questions about your child's development. You may be given home suggestions, referred on for further testing, or be scheduled to have skills rechecked at a later date. The screening process usually takes about 45 minutes.

**Who is eligible to be screened?**

Any child, from birth through 21, whose family or care givers would like more information about their child's development. All school districts within Washington State have Child Find screenings available. If your family is living in a temporary situation, you may contact the district where you are staying to attend a screening.

**Where can I go for screening?**

For more information and to schedule a screening, please contact:

Muckleshoot Tribal School  
Helen Feiger  
Student Support Services Coordinator  
15209 SE 376<sup>th</sup> St  
Auburn WA 98092  
253-931-6709 Ext 3700

Marty Laronal  
Support Services Manager  
Muckleshoot Early Childhood Education Center  
15599 SE 376<sup>th</sup> St  
Auburn, WA 98092  
253-876-3056 Ext 3922

## The Importance of Baby Teeth

Healthy baby teeth give your child more than just a beautiful smile. Even though they are temporary, your child's baby teeth are important.

Children need strong, healthy teeth to chew their food and to speak clearly. Their first teeth also help make sure their adult teeth come in correctly. That is why it is important to start infants off with good oral care to help protect their teeth for decades to come.

Tooth decay (cavities) in infants and toddlers is often referred to as Baby Bottle Tooth Decay or BBTD. The most common cause of cavities is prolonged exposure of the baby's teeth to drinks that contain sugar, such as milk or juice. This can happen when the baby is put to bed with a bottle, or when a bottle is used as a pacifier for a fussy baby.

The good news is that tooth decay is preventable. Here are a few tips to help you protect your baby's smile.

Place only formula, milk, or breastmilk in bottles. Avoid filling the bottle with juice, sugar-water or soft drinks. Your baby should finish their bedtime or naptime bottles before going to bed. Never allow your child to fall asleep with a bottle containing anything but water.

It's never too late to break the habit if your child already goes to sleep with juice or milk in their bottle. Simply start to dilute the bottle contents with water over a 2 to 3 week period. Once that period is over, fill the bottle with only water.

Wipe your baby's teeth and gums with a clean washcloth after each feeding. Schedule a dental visit at the MIT Dental Clinic when your baby's first tooth comes in.

It is never too late to start a healthy smile for your child. We are here to help you and your child. We look forward to seeing you soon.

**MIT Dental Clinic**  
(253) 939-2131

Office Hours: Monday-Friday, 8am to 5pm



**Muckleshoot Health**  
**Diabetes Classes 2016**

**August 10th - Foot, Eye Dental**  
**September 14th - Physical Activity**  
**October 12th - Immunizations**

**Earn your points throughout the year!!**

- |  |   |
|--|---|
| Ways to earn Incentive points:                                   | -Get in for individual teaching with Diabetes Nurse and Nutritionist. |
| -Attend monthly education classes                                | -Being more active  |
| -Complete all yearly lab work and appointments with your doctor. | -Take medications daily   |
|  | -Healthy eating   |

**Where: Health and Wellness Center, Mountain Room**  
**Time: 10 - 11am & 3 - 4 pm**

**Contact Nikki, RN or Emilie Price, CHR**  
253-939-6648



**Is your Narcan Kit Expired?**  
Please Check the Expiration Date on your Narcan Kits!!!!

If expired please come get a new one at:  
**MIT Behavioral Health 253-804-8752**  
**MIT Pharmacy 253-333-3618**

If you have questions or you are concerned please feel free to call  
**Megan Gifford at 253-804-8752**

Expiration Date is Located on the Vial



## WHAT ARE THE SIGNS OF HEROIN USE?

### Definitive signs of heroin use include:

- Needles or syringes not used for other medical purposes
- Burned silver spoons
- Aluminum foil or gum wrappers with burn marks
- Missing shoelaces (used as a tie off for injection sites)
- Straws with burn marks
- Small plastic bags, with white powdery residue
- Water pipes or other pipe

### Behavioral noticeable with heroin addiction include:

- Lying or other deceptive behavior
- Avoiding eye contact, or distant field of vision
- Substantial increases in time spent sleeping
- Increase in slurred, garbled or incoherent speech
- Sudden worsening of performance in school or work, including expulsion or loss of jobs
- Decreasing attention to hygiene and physical appearance
- Loss of motivation and apathy toward future goals
- Withdrawal from friends and family, instead spending time with new friends with no natural tie
- Lack of interest in hobbies and favorite activities
- Repeatedly stealing or borrowing money from loved ones, or unexplained absence of valuables
- Hostile behaviors toward loved ones, including blaming them for withdrawal or broken commitments
- Regular comments indicating a decline in self esteem or worsening body image
- Wearing long pants or long sleeves to hide needle marks, even in very warm weather

Users build tolerance to heroin, leading to increases in the frequency and quantity of heroin used. With growing tolerance, more definitive physical symptoms of heroin use and addiction emerge:

- Weight loss-they may wear big clothes to hide their weight loss..
- Runny nose (not explained by other illness or medical condition)
- Needle track marks visible on arms
- Infections or abscesses at injection site
- For women, loss of menstrual cycle (amenorrhea)
- Cuts, bruises or scabs from skin picking

**For effective Heroin Treatment Solutions Call Us We Have the Answers**  
**Muckleshoot Behavioral Health**  
253-804-8752

Ask to talk to a counselor

**URGENT CARE CLINIC** | **EMERGENCY DEPARTMENT**

**Reasons to go to HWC Urgent Care Clinic:**

- Cold symptoms—head ache, cough, congestion
- Flu symptoms
- Vomiting / fever
- Ear pain
- Minor injuries (not work related)
- Animal/Insect bites
- Sunburn
- Minor sprains/strains
- Any other symptom that has been going on for approximately 2 weeks and is not being managed by your primary care provider (PCP).

**Daily walk-ins available from 9 am - 11:30 am & 1 pm - 4 pm.**

*Note: In urgent care, you may not see your PCP. If your medical concern is complex, you may be asked to schedule an appointment.*

**Reasons to go to the Emergency Room:**

- Chest pain
- Difficulty breathing
- Loss of consciousness
- Serious trauma including head injuries
- Severe burns
- Broken bones
- Severe abdominal pain
- Swelling that is severe and continues for several days
- Poisoning
- Compensatory actions where thinking is not coordinated
- Pregnancy related emergencies

Call CUPS for a PH if you are going to the ER

**If you are unsure or have any questions, contact the HWC Medical Clinic at 253-939-6648**




05/18/16

## Urgent Care Clinic Update

**Urgent Care Clinic is available daily from 9 am - 11:30 am & 1 pm - 4 pm.**

- Patients are seen in order of medical need.
- You may not be able to see your own clinic provider in that different providers are assigned each day.
- We will only be able to address the urgent medical concern that brings you into the clinic.
- To make sure you see your own provider it is best to make an appointment.
- If your medical concern requires more time than urgent care allows, you may be asked to schedule a longer appointment.

**If have any questions, contact the HWC Medical Clinic at 253-939-6648**



05/18/16

## What are Needle Exchanges and why do we have them?

**Muckleshoot Behavioral Health**


**What:** Needle Exchanges are a non-judgmental space where injection drug users can receive clean needles and safe injection supplies. Other services are also offered such as overdose prevention education and referrals to medical care and treatment services if requested.

**Why: NEEDLE EXCHANGES SAVE LIVES!!!**  
By offering Needle Exchange Services it takes injection needles off of the streets and out of the community. It offers safe injection equipment so that IV drug users can prevent the spread of blood borne diseases such as HIV and Hepatitis C which can be eventually fatal. It offers Overdose Prevention and Education so that drug users in this community are not dying from overdoses.

**When:** Muckleshoot Behavioral Health is now offering Needle Exchange Services starting January 22nd, 2016

**Where:** Exchange services are offered through a mobile site that operates every Friday from 2-4pm outside of Cedar Village in the Old Smoke Shop parking lot in the HWC Outreach Van.

**Contact:** Carol VanConett at Behavioral Health with any questions regarding Needle Exchange services at 253-804-8752




## Teen Resources

**Muckleshoot Health & Wellness Center**  
253-939-6648  
Mon/Tue/Thu/Fri 8 - 5 pm  
Wednesdays 9 - 5 pm  
Closed for lunch 12 - 1pm  
Daily Medical Walk Ins 9 - 11:30 am & 1 - 4 pm

**Auburn Public Health Center**  
901 Auburn Way North  
Auburn, WA 98002  
253-477-0600  
*Teen Clinic - Walk Ins Tuesdays 12:30 - 4 pm*

**Planned Parenthood**  
1105 South 348th Street #B103  
Federal Way, WA 98003  
800-769-0045  
Mon 9 - 5 pm | Tue & Fri 8 - 4 pm | Wed 11 - 7 pm  
Thu 8:30 - 4:30 pm  
*Open at 10 am on the third Friday of each month. Walk-in and scheduled appointments available. Low cost services*

**Helpful and informative websites:**  
For weekly health tips, contests and life advice text **NATIVE** to  
[www.wernative.org](http://www.wernative.org) [www.ivannaknow.org](http://www.ivannaknow.org)  
[www.staying-alive.org](http://www.staying-alive.org) [www.teenadvice.org](http://www.teenadvice.org)  
[www.866teenlink.org](http://www.866teenlink.org)  
**Teen Crisis Hotline - 866-427-4747**



## MUCKLESHOOT CARES ABOUT OUR YOUTH

**Be Safe**



**Enjoy your youth**

- What can I do to prevent getting pregnant?
- I am pregnant ... what do I do?
- I'm thinking about sex ...
- STI's ... what is that?

If you have any of these questions and would like to talk to someone about it, call the HWC Family and Youth Services Program at 253-333-3605. **We will help!**  
We are open Monday - Friday from 9 am to 6 pm.



facebook.com/muckleshoot.hwc

**DONNY STEVENSON** *continued from page 2*

impacted and shaped my life in some way.

And I'm obviously a human being first and foremost, so at the end of the day, one wants to help people, especially those people with whom you have that shared history and real positive life experiences. We all really have the opportunity to do that here at the tribe, regardless of what we do or what our job title is.

I really enjoy my job and the opportunity that I've been given here for a number of different reasons. One of the most impactful pieces for me is that what the HR department really is and what this division's function really consists of: finding work and providing work, and being able to recruit, retain, train and promote Muckleshoot tribal members within the tribe as a workplace.

Specifically, when I think of our history, when you look at some of the trauma and the multi-generational impact of what our interaction as Indian people has looked like over the last 400 years, 500 years, 600 years in North America, there's just been so much energy, effort and negativity directed towards our people, towards our culture, and towards our continued growth and success.

We've endured removal, attempted assimilation, cultural and literal genocide, and to be able to be a part of the healing associated with that is a hugely inspirational thing – to be able to say about what you do for a living. Helping to build a future for the Muckleshoot people by assisting them with finding a role where they get to contribute to doing the same... this is a very humbling honor and a vitally important responsibility – one I take very seriously.

Regardless of where people are in their personal development, whether they've been in the workplace for thirty years or it's their first day looking to get a job and come to work, having the ability to earn a living and having the ability to provide for one's family is such an important part of who we are as Indian people, that to have even a small stake in that and to be able to help people succeed at doing that – it's such a humbling thing. It's something that I really do look at as a real honor to be able to be a part of, and to be able to have a leadership stake in doing so for my own people particularly, it's humbling. It is an honor.

I've worked in the field for many years now. I'm a decade into my HR career. I've been working in human resources and management with MIT 20 years now, which is crazy. When I say it out loud, it's such a weird thing. I take a huge sense of pride to be able to put that experience to work for the Muckleshoot Indian Tribe and for my people and community. I've been blessed to be successful.

But, to be able to pool those experiences and take some of those experiences from the outside where I've had the ability to succeed or excel, and to combine those with the values of our people and who we are and to put them to work for our tribe is a very, very sort of cool thing about what acting as the HR Director entails, especially when you look at it's our government, the governmental function, that tribal sovereignty is a huge part of what I'm here to safeguard in this role, and having an innate understanding of not only what it means from a definition standpoint.

So, you look in the dictionary, here's what tribal sovereignty entails, but to be able to see how that impacts a community and to be able to put it to work in a way that benefits that community is a really, really rewarding aspect of the work that I do on a day-to-day basis, because at the end of the day, getting back to my original point, it's all about the Muckleshoot tribal community, the Muckleshoot people. I legitimately believe that there is not a single position that exists within the tribal government that cannot and should not be held by a Muckleshoot tribal member, that our people have been here for literally thousands of years and that we have succeeded for literally hundreds of generations and that we've done that despite just a whole slew of opposition.

Whether you're talking cultural genocide or literal genocide, you're talking the idea of removal and relocation; you're talking about termination, that we've faced some pretty daunting things as a tribal people and community and not only have we remained, we've continued to thrive; that we have done that through our own merit;

historically, that it's been tribal people who have acted as leaders, who have acted as subject matter experts and who have been able to ensure our continued success.

If our history teaches us anything, it is that tribal people are some of the most resilient and powerful people in all the history of the world; all we need to do is to continue to pool from this resilience and power, and we really will allow our children's children opportunity we never dreamed possible.

I honestly believe that those skills, those talents and that strength still exist within every one of us as Muckleshoot tribal members today, and it certainly has the ability to be leveraged in a way where we put it to work for our people. That's really the goal, I think. As I step into the position of the HR director, the vision that I'm coming in the door with is just that... That we, as Muckleshoot people, are able to really leverage our history, leverage our tradition and leverage our strength as a people in a way where we put it to work in the present, and really what we're attempting to do is to ensure our continued success for the future.

I think if you have all of those components captured, that we are doing that through our own sovereign methods and really through the indigenous school of thought that has defined our success up to this point, just imagine where we can go! It is just a really exciting thing to think about where we can get.

We've gotten to where we are with very little support, with very little resources up until we claimed what was ours and asserted our sovereign identity. Through the strength and foresight of our leaders, past and present, really for the first time in our tribe's history we're in a position where we are economically self-sufficient.

This really is a transitional point in the history of our people, and to leverage and put to work the values of our culture and our traditions in a way where we actually have our current resources, there really is no mountain too high for our tribe. Just take a look at where we are today. It's truly an amazing thing when you consider all of the resources that we have – all of the programs that we have, really all of the opportunities that exist for Muckleshoot people.

Just think that this is the starting point, not the ending point. That is an amazingly exciting thing to be able to say, especially as somebody who is a father and now a grandfather. I know beyond a shadow of a doubt that the reason that I'm here and have the ability to do what I'm doing today is because going back in our generations, there are literally generations of people who have been strong and proud and tirelessly working warriors to get us to this point. We owe it to our future to do the same.

It's with a true sense of pride to be able to think that that's what we have the ability to do today, what we're doing it for the future. It is also because I am a father and a grandfather, I can look at that in a very personal way, that I can see the hope of our future in not only my children's faces and eyes, but all our Muckleshoot children's faces and eyes, and that's a pretty inspirational thing to be able to do on a day-to-day basis as you show up to the workplace.

I'll tell you that if I was working in an environment where it was about the bottom line or the almighty dollar, it's tough to find a setting where you can really find that sort of inspiration. Working for your own people, where this culture and tradition and beauty exists, and to have even a small say or a seat at the table that impacts what our future could be... it's a huge honor, and one of the things I really do try and keep in perspective as I'm coming in the door every morning and clocking in and hitting the ground running is that what an honor that really is.

I'm not only here representing my interest as a tribal member or my interest as a professional, that I'm here as a Muckleshoot tribal member; so, I'm representing the entirety of that history, going back, and that I have the ability to act as an agent of the tribe's identity on a day-to-day basis, to do that with our employment base and within our organization, to do that outside of the tribe to other organizations we interact with and to really have a sense of owner-

*continued on page 21*

**Muckleshoot Money Skills for Life**

The Muckleshoot Housing Authority is offering "Muckleshoot Money Skills for Life" class July 28th and 29th at the new Muckleshoot Housing Authority Training Facility. Please call Cheryl O'Brien (253-876-3154) or Michelle Leverenz (253-876-3386) or email Cheryl.O'Brien@Muckleshoot.nsn.us or Michelle.Leverenz@Muckleshoot.nsn.us to sign up for the class.

"Muckleshoot Money Skills for Life" Course consists of two half-day sessions, from 12:00 pm to 5pm on July 28th and 29th.

Some key points participants will cover are:

- How to budget monthly spending;
- How to improve your credit score;
- The wise approach to "big ticket items" of your financial life – cars and housing;
- Why it's important to begin planning for your future EARLY;
- Investments and 401K;
- Why the wisest way to invest turns out to be one of the easiest; and
- What the REAL benefit of making sound financial decisions is. (Hint: It's not about the money!).

If you wish to attend the 2 half day sessions please contact Cheryl or Michelle. If you are unable to attend we plan to offer additional classes in the future.

**Enumelaw**

CHRYSLER DODGE Jeep Ram

Preferred pricing for Tribal Members

Good Credit/Bad Credit

98% Approval rating

Referral Fees from \$100-\$500!

Special Pricing on New and Used Vehicles

Aggressive Financing Rates and Programs

New and Used Vehicles

Special Fleet pricing

**Muckleshoot Tribal Members**

**Enumelaw Chrysler Jeep Dodge Ram**

**Is YOUR Store!**

**Visit Us Today for YOUR Tribal**

**Specials!**

**Contact Josh Curley/Grant Fraser at**

**360.802.0200**

**When Can I sign Up for Medicare Part A & Part B?**

**Will You Be 65 years old within the next 3 months?**

1st Month	2nd Month	3rd Month	Your Birthday Month	5th Month	6th Month	7th Month
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**When should you sign up for Medicare:**

- You can sign up for Medicare 3 months before or 3 months after your 65th birthday;
- Or if your employer sponsored health insurance ends due to retirement;
- If you are currently covered by an employer sponsored health insurance you may not have to sign up for Medicare until that coverage ends;
- You should check with your employer to see if they require you to sign up for Medicare when you turn 65 years old;

**What is Medicare Health Insurance?**

**Original Medicare has 2 parts:**

1. Medicare Part A—covers inpatient hospital, skilled nursing facility hospice & home health care;
2. Medicare Part B—covers outpatient medical care, including doctor visits, durable medical equipment, lab tests, and preventative services.

• **NOTE: If you don't sign up for Medicare Part B when you're first eligible you will have to pay a "Late Enrollment Penalty" for as long as you have Part B.**

Visit the Health & Wellness Center's Managed Care Department at 17500 SE 392nd Street Auburn, WA PH # 253-939-6648

**HOUSING/SHELTER RESOURCES**

**Catholic Community Services – Home & Arise**  
Men's Shelters  
Phone contact: (253) 854-0077 Ext: 2  
Locations: St. Anthony's Church, 314 S 4th St., Renton, WA, 98057 OR Kent Family Center, 1229 W Smith St, Kent, WA, 98032  
Coordinates two case-managed shelter programs for men, ages 18 and older. Shelters hosted by congregations in Kent and Renton; average stays of 6-12 months. No fees. Please call ahead.  
Renton In-take (walk-in only): Tu & Th, 1-3pm.  
Kent In-take (walk-in only): M & W, 1-3pm & 5-7pm; Tues & Th, 3-5pm.

**Union Gospel Mission – Hope Place**  
Shelter for Single Women, Women with children  
Phone contact: (206) 628-2008  
Location: 3802 S Othello St, Seattle 98118  
Provides shelter for women, with or without children. Includes mandatory spiritual activities. No fees. CALL for screening. M-F 8:30-9am.

**Catholic Community Services**  
Single Men & Women's Shelter  
Phone contact: (253) 572-0131  
Location: 1142 Court E Tacoma Ave S, Tacoma, WA, 98402  
Provides a safe place where men and women experiencing homelessness can get a good night's sleep, respect, and begin a process of generating income and becoming housed. Open 5pm-7am.

**Multi-Service Center**  
Family Shelter (Moms, Dads, & Kids)  
Phone contact: (253) 854-3437 Ext: 104  
Location: 515 W Harrison St, Kent, WA, 98032  
Emergency shelter for homeless families with children, ages 17 and younger; priority for families of 4+. All families may apply. LEAVE A MSG. AT LEAST TWICE PER WEEK until call is returned.

**Auburn Youth Resources**  
Youth Shelter  
Phone contact: (253) 833-5666  
Location: 816 F Street Southeast, Auburn, WA 98002  
Provides shelter for homeless youth, ages 10 through 17, in south King County. Written parental consent required for 72-plus hour stay. Sliding scale fees, may be free. Call for screening: 24 hours daily.

**YWCA – South King County**  
Family Shelter (Moms, Dads, & Kids)  
Phone contact: (425) 255-1201  
Location: Families housed in independent apartment units in Kent, Renton and Auburn areas.  
Call for availability. Leave a message DAILY, until call is returned. 24-hour voicemail

# Honorable Women

By Cynthia Lozier

Robert Upham had a special presentation titled "Celebration of Strong Women" on the Saturday before Mother's Day. The event was held at his art gallery, the Terra Tipi Gallery, located at The Freighthouse Square, in Tacoma, Washington. The women I proudly honored were Virginia Cross, Charlotte Williams and Connie McCloud.

Virginia Cross has been a strong regional leader with more than three decades of service to the Muckleshoot Indian Tribe and greater community. Under her leadership, the Muckleshoot Tribe has entered into formal government-to-government relationships with the City of Auburn, King County and the City of Seattle that have helped the tribe forge strong, cooperative relationships with these other governments.

She recently was named recipient of the Auburn Chamber of Commerce Bill Kyle Memorial Award for her dedicated service as an elected official who has made a positive impact on the community and supported business.

She served as the Auburn School District Director of Indian Education for more than 22 years. Virginia was instrumental in shaping many important programs for Native American students in Washington State. In 2012 she was inducted into the Auburn High School Hall of Fame, becoming only the sixth person in the school's 106-year history to be accorded such an honor. The Virginia Cross Native American Education Center, operated by the Auburn School District in partnership with the Muckleshoot Tribe, was named in her honor.

Virginia also served on the board of directors of the Native American Rights Fund, a non-profit organization that focuses on applying existing laws and treaties to guarantee that national and state governments live up to their legal obligations.

Virginia Cross has been working on Tribal Council for the Muckleshoot Indian Tribe ever since I can remember. She has helped with several different programs, forming them in such a manner that advances the community. I admire her especially because she is a firm believer that education is a must in order to excel in life. She is greatly loved by the community because of her hard work.

Charlotte Williams graduated from Auburn High School in 1965. She has a BA in Public Administration and Masters in Education. Both degrees are from Antioch University.

She worked in education in Auburn elementary schools such as Chinook, Terminal Park, and Muckleshoot Adult-Ed during 1979-1982 and has worked with The Muckleshoot Tribe JOM and Tribal College from 1994-2004.

She worked with the Colville Tribe as a Head Start Teacher/Supervisor in 1986-'87 and with Central Indian Bible College (CIBC) as Business Manager from 1987-1994.

She has also worked as a Sunday School Teacher from 1969-1995 and as a Missionary from 1987-1994 at CIBC. Along with her husband, Kenny, Charlotte has served as Pentecostal Church Co-Pastor from 1995 to present.

She served on the Muckleshoot Tribal Council for 18 years, serving as Treasurer from 1968 to 1974 and again from 2004 to 2015, holding the offices of Treasurer, Vice-Chair, Chair and Secretary.

Charlotte has worked as Harvest Time Faith Ministries Secretary from 1982-1987, 1994-2014 and has been its President since 2014.

She also worked on the first tribal newspaper; using a mimeo-



Cynthia proudly stands next to a wall collage featuring the women that inspire her.

graph machine to type letters on paper that made holes and rolled the paper on an ink machine to print the paper. The paper was titled "Smoke Signals".

For Head Start, as a parent, she made learning activities for the kids, such as sensory letters from felt and sandpaper, projects such as typing shoes; button boxes...all kinds of similar homemade activities.

She also helped students to go to RTVI (Renton Tech School). Charlotte has taught adults who felt they could not comprehend reading or math by having gardening classes, landscaping classes, cooking classes as well as bookkeeping classes. After completing these classes, the adults felt competent and went on to attend RTVI School.

She also worked as a volunteer receptionist at the Health Clinic when she was a teenager, and helped at the UW Hospital working with Well-Child and Well-Adult Screenings.

As a volunteer, Charlotte helped operate 13 tribal grants when the Muckleshoot Indian Tribe first started administering programs in the early 1970s. At first there were no employees, now there are 945 employees. Back then there was one CHR for the Indian Health Service. She worked a day job and volunteered at nights to keep up with the tribe's grants, often until 2 am in the morning. Many of the Tribal Council kept all operational.

Charlotte Williams has helped organize several programs to help the community. She is also admired for opening the Pentecostal Church, with her husband Kenny Williams, to the children during evenings to keep our children off the streets. She helps a lot with the child oriented programs in the tribe. This is very important

work because our children are our future.

Connie McCloud is yet another woman I admire and honor. She is from the Puyallup Indian Tribe. She works with the children also. She has done several canoe journeys with the children over the last 22 years. This program helps keep children and adults clean and sober.

Some of the people who work in this program started out going on canoe journeys with her when they were kids several years ago. The children need more people like her to make them proud of their accomplishments and learning the good moralistic ways of life. I want to be proud of the children... not sad because they get pulled into drugs and alcohol.

Connie does not talk mean or ugly to the children. She respects them as little people. She gives them words to chew on as they are learning and eventually, most of them understand what she is expecting from them while having fun doing the different things at the same time. I really admire her because of this... I believe it is very important for the children to learn as well as mature growing independent. She speaks very soft, but yet she is heard.

I admire these women because they are showing us that women can do a lot of important things also. This has nothing to do with gender... it depends on your dreams. I really enjoy it when I learn about great accomplishments women have made in history as well as men. I really appreciate Robert Upham for honoring women in this fashion. It has made my eyes open up even more each day. Small things really do matter.

## DONNY STEVENSON *continued from page 20*

ship over who we are and what it is we can be and become.

When you stop to really look at all of the circumstances and settings that are in place now as far as those resources, I think we have some amazing leadership that have a vision. We have this whole community of strong, proud, warrior people; but now, those same strong, proud warrior people are educated in not only traditional ways, but also becoming formally educated in western ways, and we have the ability to leverage that talent and to put it to work towards our success today and our success into the future. This is a pretty amazing thing to be a part of and I'm just really excited for where we are and where we're going to have the ability to go.

Once again, as a Muckleshoot tribal member, that personal stake is clearly a part of how I approach the work that I do for the tribe daily. I was born and raised on the reservation. I grew up in Skop-absh Village. Our family lived there through my early childhood and I will always remember what those days looked like. They really were good days.

We didn't have some of the same opportunities we have today. We definitely didn't have the resources that we have now, but I never felt like we went without. It always felt like we had everything that we needed and I know that "community" definitely meant something different in the tribal setting and growing up on the reservation and growing up in tribal housing than it has for some of the generations since then that haven't had that same experience.

So I look at my kids. We don't live on the res anymore - we live down in town. But there's only a handful of neighbors whose names we even know in our neighborhood. When I was a kid, we knew them all. Odds are we were probably related, and even if we weren't immediate family, you were related enough that as a kid, if I was messing up and acting up at somebody else's house, or even in somebody else's front yard, you better believe the parents at that house were going to parent you just like they would their own. That's something that I think we have a great sense of community today still and it's really very important to me that my children are exposed to that, and are a part of that. But they don't find that in Auburn; they don't find that in the neighborhood we live in. Like I said, you're lucky if you know your neighbors' names. Back then, we didn't even knock on each other's doors; you just walked in and

people just walked in here and were always welcome. It was just a part of who we are as a tribal people.

It is just really exciting to be here as the Director of HR and to have some leadership stake in where not only this division is at and going, but because of all the role entails, it gives me a seat at the table discussing the tribe's overall direction. I will do my very best to represent the best interest of this community and our people in all matters.

I think, really, there's just so much opportunity of where we can go. Also the team that's in place here within the HR division, that I have been really lucky to step in and have a really great team already assembled. We've made a couple of key moves and hires recently, and we've shifted the organization within the HR department a little bit. All-in-all, that's geared towards better meeting the needs of the tribal community and being able to do so in way that's more effective.

I think a huge part of meeting those needs is just listening. I really do believe that leadership is service; that if you are in a position of leadership, one of your primary and one of your major responsibilities and one of your strengths should be being able to listen and to hear what's going on around you, being able to hear people express what it is they need from you and helping to shoulder some of those responsibilities and helping to clear the path for them to reach these needs and meet their goals. I will always work to do so in my role as the HR Director for the Muckleshoot Indian Tribe.

I also have the unique experience of having been in similar positions as many of the tribal members who are coming to HR look for work or for help. It is directly because of this, that I remember what it was like. I remember showing up to the human resources office and putting in applications and trying to get my foot in the door and I remember what those challenges feel like and, particularly, how frustrating it can be to hear "no" and to not be able to immediately fit into the spots, roles or positions that you want.

I personalize that experience in a way that I hope makes me more effective in this role. I am blessed that I can also identify as somebody who is in recovery. I am a recovering alcoholic, a recovering drug addict. I know that people aren't perfect; that we all go through hard times and all have our personal traumas in life. We all

make mistakes. There is not a single family in our community that isn't affected by those traumas or directly by addiction.

I am blessed to be able to have made it to recovery. Not everyone does. We have families out in our community who still struggle daily. These people need our love and support. They need to know that there is life and opportunity beyond where they currently are and what they are currently doing.

We also need to provide an opportunity to be a part of contributing to our newly sober and those new to recovery. The value of being able to work and to get and hold a job can go such a long way towards the value recovering addicts can find in sobriety. I will continue to work to provide these avenues to success and to provide these opportunities. I consider it a professional and personal responsibility. Somebody once did exactly this for me... without that chance, I wouldn't be here. I owe the same opportunity to others and take that responsibility very seriously.

To watch people who have found a way to go through the hardest step of that and actually asking for help, and those taking steps to heal themselves and to heal their family and as a result, heal our community, is such a powerful thing. I am proud to be able to help them take the next step towards getting their foot in the door to a job, which we hope turns into a career, which we hope turns into some goals and plans for their life.

I recognize what an honor that is and also what a responsibility that is. I've also been there personally, and I know what that can do in terms of helping people be successful in turning the corner towards a new life.

No matter where you're coming from, the idea of being hired in a job carries a sense of accomplishment, wonder and happiness. Keeping that in perspective is an important thing, because we deal in that commodity on a day-to-day basis in Human Resources. We should never lose sight of how valuable the service we provide is to the Muckleshoot tribal community. If we do, it's going to be difficult to really have a sense of how to do this job well. I am happy and proud to be able to serve the Muckleshoot tribal community; my community.



# MUCKLESHOOT POLICE



## Police Report

**Those subjects listed as “arrested” or “arrested via citation” means there is enough evidence for the police to prefer charges but have not been convicted.**

05/25/16 9:56 AM C16026401 5400 block Auburn Way S Violation of Court Orders  
Sidney Miller (29) was arrested on violation of two Domestic Violence No Contact Orders when he was found in the presence of the adult female protected person. Miller was booked into the Regional Justice Center Jail.

05/25/16 1:00 PM C16026437 14700 block SE 368 PL Drug Activity  
A deputy was watching a house for drug activity. When an adult male came out of the house carrying a package the deputy decided to stop the vehicle he was getting into. When the driver saw the deputy he pulled behind the house. When the deputy pulled in behind them the passenger with the package fled on foot. No one in custody but the event was documented in a case report.

05/25/16 3:45 PM C16026468 41400 block Auburn-Enumclaw RD SE Animal Problem  
A Pit Bull mix dog aggressively approached persons getting out of a vehicle. The dog grabbed and carried away a smaller dog which was with the people. The injured dog was found. King County Animal Control responded, the owner of the aggressive dog voluntarily surrendered the dog to them.

05/26/16 8:33 PM C16026715 SE 391 ST/164 AV SE Warrant Arrest  
Christine Elkins (46) was arrested on a Bonney Lake misdemeanor warrant for “Theft in the Third Degree” which held a \$5,000 bail. A methamphetamine pipe was found on Elkins during a search of her person. Elkins was taken to a Bonney Lake officer who took custody of her for booking.

05/27/16 8:06 AM C16026776 38500 block Auburn-Enumclaw RD SE Trespass  
Cody Jansen Benavidez (24) caused a disturbance at his grandmother’s house. Jansen Benavidez trespassed from his grandmother’s house for one year at her request.

05/27/16 11:18 AM C16026800 16100 block SE 391 ST Theft  
An elder male reported the theft of several items from his home in March. Stolen items of note are a men’s beaded buckskin wallet with blue and white beads and a diamond pattern on it and a gray and red Pendleton blanket with “Puyallup” on it.

05/27/16 1:48 AM C16026834 Union CT SE/Auburn WY S Warrant Arrest  
Ronald Robinson (39) was arrested on a Milton misdemeanor warrant for “Failure to Appear/Criminal Trespass in the Second Degree” which held a \$10,100 bail. Robinson was transported and turned over to a Milton officer for booking.

05/29/16 5:09 PM C16027156 41500 block Auburn-Enumclaw RD SE Burglary  
An adult male had two ATVs stolen the prior week, a white Suzuki LTZ400 and a yellow Suzuki LT160K. Today and adult male was stealing ATV tires from the same shed when caught by a witness. The suspect ran when the deputy arrived and was not taken into custody. The suspect is a known adult male and charges are pending.

05/30/16 10:35 AM C16027267 17600 block SE 408 ST Burglary  
An adult male had a shipping container containing fireworks broken into. About \$8,000 worth of fireworks were stolen.

05/30/16 2:56 PM C16027327 38400 block 180 AV SE/Horse Therapy Facility Burglary  
The Horse Therapy barn was entered, a truck being stored inside the barn had a window broken. Only a couple of inexpensive items were stolen.

05/31/16 8:15 PM C16027602 Auburn WY S/Poplar ST SE Warrant Arrest  
John Brown (26) was arrested on a Muckleshoot Tribal Court misdemeanor warrant for “Obstructing a Public Servant” which held a \$1,500 bail. Brown was booked into the SCORE Jail.

06/01/16 12:39 AM C16027621 Auburn WY S/Dogwood ST SE Warrant Arrest  
Daryl Warbus (29) was arrested on a King County misdemeanor warrant for “Domestic Violence Assault in the Fourth Degree” which held a \$15,000 bail. Warbus was booked into the King County Jail.

06/01/16 3:03 AM C16027631 Davis Property Vandalism  
Someone drew a penis and profanity on the front door of a house in pink lipstick. Penises were drawn on mailboxes and public signs in the neighborhood.

06/01/16 8:23 AM C16027661 41400 block Auburn-Enumclaw RD SE Trespass  
Cody Jansen Benavidez (24) was trespassed from a house at the home owner’s request after her showed up at the house with a machete.

### Auburn/Muckleshoot Police Recap

5/25/16 6:15 PM 16-06432 Muckleshoot Deli Theft  
An ATM repair man left a bag of keys at the location after he had repaired the ATM inside the location. A female was seen on camera taking the bag and leaving the store with them. The female later provided the keys to her mother who returned them to their owner. The victim did not want to pursue criminal charges.

05/26/16 6:00 PM 16-06465 5500 block Auburn Way S DUI  
A male was arrested for DUI after colliding with a pole in the parking lot of the location.

05/28/16 9:00 PM 16-06556 3600 block Juniper LN SE DV Assault  
A juvenile female assaulted her boyfriend by punching him several times. The female was taken to the hospital for observation.

05/29/16 2:00 PM 16-06577 5500 block Auburn Way S Burglary  
An adult male who had been previously trespassed from the location, went into the store and walked up to the counter and stole a phone charger. He then reached over the counter and stole two packs of cigarettes. Charges are being reviewed by APD Detectives for Burglary.

05/30/16 7:00 PM 16-06618 Riverwalk/Auburn Way S Warrant  
Jonnie Moses (35) was arrested on a King County Felony warrant for Controlled substance Possession. He was booked into the SCORE Jail.

05/31/16 1:30 AM 16-06635 3600 block Juniper CT SE DV Assault  
An adult male was arrested for a Domestic Violence assault after he shoved his wife causing her to fall backwards. The male was arrested and booked into the SCORE Jail.

5/31/16 10:30 PM 16-06673 5500 block Auburn Way S Shoplift  
An unidentified female entered the store and stole numerous items from the location. Officers were provided with video surveillance of the incident and are reviewing the footage in an attempt to identify the suspect.

06/01/16 12:15 PM 16-06458 2900 block Auburn Way S Recovered Stolen Veh  
A vehicle which was stolen from Auburn on 04-08-16 was located unoccupied at the location.

06/01/16 11:20 AM C16027704 Davis Property Malicious Harassment  
Graffiti reading “6 6 6 K K K White Power!” was put on a garage door overnight in violate bingo dabber. Other graffiti of a crude nature was found in the Davis Property and Cedar Village all in violate, blue and green bingo dabber.

06/01/16 7:24 PM C16027785 17600 block SE 408 ST Attempted Burglary  
An adult female scared off a white male trying to break into a neighbor’s garage. The female then found a bag outside her house containing electronics and what appear to be human ashes.

06/02/16 3:28 AM C16027846 41400 block Auburn-Enumclaw RD SE Warrant Arrest  
Bobby Fryberg (26) was arrested on a King County felony warrant for “Attempting to Elude a Pursuing Police Officer” which held a \$5,050 bail. Fryberg was booked into the King County Jail.

06/02/16 10:15 AM C16027875 Orchard PL SE/Orchard ST SE Drug Possession  
Two adult males and an adult female were detained for suspicion of just buying heroin. One adult male had a misdemeanor warrant and the other admitted to just buying heroin. Half a gram of heroin was found in the car. The male said he had a bed date for drug treatment, the deputy told him he would not be charged with drug possession if he went to treatment as scheduled. The male with the warrant also had a bed date for drug treatment, he was released on the warrant and was told he would be arrested on the warrant at a later date if he did not go to his treatment.

06/02/16 9:50 PM C16028082 38500 block Auburn-Enumclaw RD SE Vandalism  
Cody Jansen Benavidez (24) kicked a garage door damaging it. Jansen Benavidez left before deputies arrived. Jansen Benavidez was cited via investigation for “Malicious Mischief in the Third Degree (Vandalism.)”

06/03/16 4:00 PM C16028232 14600 block SE 368 PL Mail Theft  
An elder male had his mailbox pried open.

06/07/16 6:30 PM C16028981 Skopabsh Village Theft  
A battery was reported stolen out of an elder male’s car. Further investigation revealed that the matter is civil between the current owner of the car and a family member who sold it to him.

06/07/16 7:36 PM C16028997 41400 block Auburn-Enumclaw RD SE Drugs/Warrant Arrest  
An adult male was arrested on a misdemeanor King County warrant for “Driving While License Suspended in the First Degree” which held a \$5,500 bail. In a search of the male 1.3 grams of heroin and a glass drug pipe were found. The male was booked into the King County Jail for “VUCSA (Drug Possession)” and on the warrant.

06/08/16 7:50 AM C16029051 Cedar Village Trespass  
An adult male showed up at a residence belonging to an elder female, he appeared to be under the influence of drugs. The male left before the deputies arrived. The resident wanted the male trespassed from her house. When the male is located he will be trespassed from the residence.

06/08/16 4:15 PM C16029139 SE 392 ST and 172 AV SE Drunkenness  
A minor 19 year old female was highly intoxicated and combative toward family and friends trying to assist her. The female had numerous scratches and bruises to her legs and arms from running through the bushes to avoid assisting family. The female was sent to the hospital via an aid car for detox.

06/09/16 8:15 AM C16029223 Pentecostal Church Theft  
Two cargo trailers in the parking lot had their locks cut off. A Homelight 5500 gas generator and 6 Harman wireless microphones and 9 Audio Technica wired microphones were stolen.

06/09/16 9:02 PM C16029351 41400 block Auburn-Enumclaw RD SE Mental Complaints  
An adult male over the past several days has had episodes of violent behavior and mental episodes towards community members. The male is a known heroin and methamphetamine user. Deputies were looking for him to involuntarily commit him to the hospital for a mental health evaluation. The male was found in the 41400 block of Auburn-Enumclaw RD SE and sent to the hospital for a mental health evaluation.

06/01/16 1:30 PM 16-06699 Muckleshoot Market Trespass  
Gy Kindness (42), Jack Jimmy (63), and Andre Mitchell (38) were all trespassed from the location for one year for drinking and loitering on the property.

06/01/16 9:00 PM 16-06713 Muckleshoot Market Trespass  
Cody Jansen-Benavidez (24) was trespassed from the location for one year for loitering and pan handling on the property.

06/01/16 11:55 PM 16-06719 Muckleshoot Market Trespass  
Cody Jansen-Benavidez (24) was arrested for trespassing at the location after being trespassed earlier that same day. He was provided with a citation and was released at the scene.

06/02/16 3:00 AM 16-06725 5600 block Auburn Way S Warrant  
Moon Martin (34) was arrested on a misdemeanor warrant out of Auburn for FTA-Theft 3 and Assault 4. He was booked into the SCORE Jail.

06/06/16 6:15 AM 16-06886 3700 block Auburn Way S Stolen Vehicle  
A 1996 green Acura Integra was stolen from the location something overnight. The vehicle has not been located.

06/06/16 7:00 PM 16-06919 Muckleshoot Casino Recovered Stolen Veh  
A vehicle which was stolen from Tumwater on 04-07-16 was located unoccupied at the location.

06/07/16 9:45 PM 16-06493 5400 block Auburn Way S CPS  
A CPS referral was investigated and closed.

06/07/16 3:30 PM 16-06955 Greentree Condos Theft  
A resident reported that sometime within the last week, his rear license plate was stolen.

06/08/16 3:40 PM 16-07006 2300 block Riverwalk DR SE Order Violation  
An adult female violated a No Contact Order by going to the location. The female victim was not at the location when the suspect arrived.

06/10/16 2:39 AM C16029375 38800 block 164 AV SE/Cedar Village Trespass  
Cody Jansen-Benavidez (24) was trespassed from two elder residents at their request due to him entering the homes uninvited and strange and hostile behavior.

06/10/16 9:29 AM C16029406 38500 block Auburn-Enumclaw RD SE Trespass  
Lenora Jansen (18) and Anthony Medelez (22) were trespassed from a house at the elder female resident’s request.

06/10/16 5:44 PM C16029517 41200 block Auburn-Enumclaw RD SE Warrant Arrest  
David Schmidt (35) was arrested on a Kittitas County felony warrant for “Obstructing a Court Order” which held a \$250 bail. Schmidt was booked into the King County Jail.

06/11/16 12:05 AM C16029589 39100 block of 164 AV SE Drug Violation  
A very small amount (.1 gram) of suspected methamphetamine and heroin were handed over to a deputy. The drugs were submitted for disposal.

06/15/16 10:15 AM C16030340 14700 block SE 368 PL Warrant Arrest  
Ricky Apodaca (24) was arrested on a felony Department of Corrections warrant. Apodaca was booked into the Regional Justice Center Jail.

06/15/16 7:21 PM C16030479 39600 block 175 LN SE Theft  
A black bicycle with wide handle bars and a black banana seat with grey duct tape over it was stolen from an elder’s yard.

06/17/16 12:05 AM C16030686 38800 block 164 AV SE Stolen Vehicle Recovered  
Two adult males were located in a stolen 1992 red Acura Integra 4 door and detained. One male admitted to stealing the vehicle and was arrested and booked into the King County Jail for investigation of “Theft of Motor Vehicle.”

06/17/16 8:57 PM C16030873 Auburn WY S/Dogwood Warrant Arrest  
Buddy Whiteeagle (60) was arrested on a King County misdemeanor warrant for “Operating Vehicle without an Ignition Interlock Device” which held a \$2,600 bail. Whiteeagle was booked into the King County Jail.

06/19/16 12:59 PM C16031097 Davis Property Vandalism  
An adult male damaged a microwave, lamp, TV, Playstation and dresser with a sledge hammer. The suspect was gone when the deputy arrived. The victims did not wish to pursue prosecution. The incident was documented in a police report.

06/20/16 10:31 AM C16031246 Juvenile Recovery House Mental Complaint  
Staff at the Juvenile Recovery House called police about an out of control juvenile resident. Deputies heard the juvenile yelling about killing someone at the house and that they would rather be dead than live at the house with the person. The juvenile threw items around in the deputies’ presence. The juvenile was sent to the hospital via an ambulance for a mental health evaluation as they were a threat to themselves and others.

06/20/16 10:04 PM C16031373 37100 block Auburn-Enumclaw RD SE Burglary  
A back door was forced open and an Xbox One, a Lenovo 46” TV, a Panasonic 46” TV another unknown size TV and several pairs of Nike Jordan shoes were stolen.

06/22/16 1:45 PM C16031651 41100 block 177 PL SE Vandalism  
Rodney Jansen (27) was cited for “Malicious Mischief in the Third Degree (Vandalism)” into a King County District Court after he banged on his elder mother’s front door with a blunt object damaging it. Jansen was gone when the deputy arrived and could not be located.

06/22/16 8:07 PM C16031733 Kinggeorge Fireworks Stands Warrant Arrest  
Joshua Moses (22) was stopped for driving at a high rate of speed in the upper parking lot at the fireworks stands. Moses was arrested on a King County felony warrant for “Failure to Register as a Sex Offender” which held a \$30,000 bail. Moses was booked into the King County Jail.

06/10/16 10:30 PM 16-07121 Muckleshoot Market Theft  
An employee found that her cell phone had been stolen from inside the location while she was outside near the gas pumps. The victim later learned that a known male had admitted to “finding” the phone and was attempting to sell it. The male was not located by police.

06/12/16 12:30 AM 16-07161 1201 M ST SE Trespass  
Five individuals were arrested for trespassing at the location after they were found inside of the vacant building on the property.

06/13/16 5:00 AM 16-07208 5500 block Auburn Way S Robbery  
A male stole several items from the location while telling the employee that he had a gun and would shoot her. The male was later located by police and booked into SCORE Jail.

06/16/16 9:45 AM 16-07374 1600 block Hemlock DR SE Verbal DV  
A male and female couple got into a verbal argument. Both parties stated that nothing physical had occurred.

06/17/16 9:15 AM 16-07411 3300 block Auburn Way S Order Violation  
An adult female reported an order violation with another female which had occurred in a parking lot. Both parties provided statements and the case has been forwarded to the City of Auburn Prosecutor’s Office for review.

06/20/16 3:45 AM 16-06889 2900 block 28TH ST SE Recovered Stolen Veh  
A vehicle which was stolen in Auburn on 06-06-16 was recovered unoccupied in a driveway.

06/21/16 6:30 PM 16-07629 3000 block 17TH ST SE Stolen Vehicle  
A black Chrysler Aspen was stolen from the location. The vehicle has not been located.

**Free Legal Services for Low Income Native Americans and Alaska Natives**

**Do you have a non-criminal legal problem?**

The Native American Unit at Northwest Justice Project provides free civil (non-criminal) legal services to eligible Native Americans and Alaska Natives who cannot afford a lawyer in Washington.

**Legal issues include (among other things):**

- Protecting Indian monies (per capita, settlement, and other tribal income) from garnishment and/or impacting other income and benefits;
- Education – suspensions, special education, truancy;
- Child custody matters involving the Indian Child Welfare Act;
- Trust land rights- leasing, rights of way, homeownership;
- Estate Planning (wills) for Indian trust property owners;
- Indian Health Care and other tribal benefits;
- Driver's license suspensions based on unpaid fines;
- Tribal housing.

To find out if the Native American Unit can help you, please call.

- In King County:** Call 2-1-1
- For all other counties:** Call the CLEAR hotline at 1-888-201-1014. CLEAR phone lines are open from 9:15 a.m. – 12:15 p.m., Monday thru Friday.

**What is Northwest Justice Project?**

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.



Rev. 5/2016

**POKER DEALER TRAINING**

**MUCKLESHOOT TRIBAL MEMBERS ONLY**

**The Muckleshoot Poker Room**

**Poker Dealer Training**

**7-11-2016 thru 10-10-2016.**

**Please contact Muckleshoot Poker room for details and sign-ups.**

**Tribal Members wanting to get ahead of the game...contact**

**Clifford Brown 253-293-8707**

**I will do my best to get you cards and give you some valuable details!**



**EVENTS CALENDAR**



July 16	<b>Fresh Paint 4 You Carnival</b> - Pentecostal Church
July 18	<b>Town Hall Meeting</b> - Elders Complex 6pm - 8 pm
July 27	<b>Canoe Journey 2016</b> - Alki Beach at noon
October 30	<b>Halloween Party</b> - 12-4 pm at Emerald Downs
November 11	<b>Veteran's Day Dinner</b> - 5-7 pm at Pentecostal Church
November 19	<b>Thanksgiving Dinner</b> - 4-6 pm at Emerald Downs
December 17	<b>Christmas Party</b> - 2-6 pm at Emerald Downs

**SUBMIT YOUR ITEMS FOR THE EVENTS CALENDAR!!**  
Muckleshoot.Monthly@muckleshoot.nsn.us

**MEMBERS NEEDED**  
**For Indian Child Welfare Advisory Committee**

The Indian Child Welfare Act was enacted in 1978 in response to the crisis affecting Indian children, tribes and families. Very large numbers of Indian children were being separated from their families and often placed into non-Native foster and adoptive homes.

The original guidelines were issued in 1979, shortly after the ICWA was enacted, but the guidelines have been revised to better reflect the last 35 years of ICWA. Go to <http://www.indianaffairs.gov/cs/groups/public/documents/text/idc1-029447.pdf> for more information.

Fortunately, there are opportunities to prevent this from happening to our communities. One of them is to become a member of the Local Indian Child Welfare Advisory Committee (LICWAC) for the Department of Social and Health Services.

LICWAC meets once a month for approximately 4-5 hours with state social workers and, although they are an advisory committee, their input and recommendations are vital to each case that is staffed.

If you are interested in filing out an application and becoming a member of the LICWAC, and would like to serve on the Tacoma LICWAC please contact:

**Diane Waddington, Region 3 LICWAC Coordinator**  
**(360) 475-3532 or 1-800-423-6246 ext. 3532 or 360-979-8869**

If you are interested in serving on the Seattle LICWAC please contact:

Roxanne Finney, Region 2 South ICW Program Consultant  
(206) 923-4896

*From the Office of Tribal Credit...*

Did you know that our office has copies of the Consumer Reports magazine? You are more than welcome to stop by our office and take a look at them. We can also photocopy pages for you too. Consumer Reports has The Best of the Best and Worst of the Worst for vehicles as well as any other item that you might be looking to buy.

**Tomanamus Forest Permits**

Get them at the Wildlife Department at the Philip Starr Building. Bring in a copy of your vehicle insurance and a license plate number

**Tribal Members Only.**

The permits are FREE.

Office Hours are  
8am to 5pm  
Monday thru Friday.

**Name Correction**



*Madison Loggins was incorrectly listed as Madison Miller in her Student of the Month entry. We apologize for the mix-up Madison, keep up the great work!*

**Community Service Hours**

Tribal and community members needing to complete community service hours obligations for the courts can come see me at the Phillip Starr Building. If you have community service hour obligations and need to start working on them, I can set you up for a place to work them off so you can complete them. Please contact me at 253-876-3153 or email me at [walter.pacheco@muckleshoot.nsn.us](mailto:walter.pacheco@muckleshoot.nsn.us).

**Cultural Events**  
*The Cultural Program Instruction Schedule:*

**Culture Song, Dance & Dinner**  
When: Every 2nd Tuesday of the month: Canoe Family song & dance & dinner - 5:30 to 7:30 PM

**Get Your Weave On! Weaving with Gail WhiteEagle**  
When: Tuesdays (except 2nd Tuesday's) - 12:00 PM to 8:00 PM  
Wednesdays & Thursdays - 9:00 AM to 5:00 PM  
Both are at the Canoe Family Clubhouse

**Sewing Projects with Pauline Lezard & Sandy Hedrick**  
When: Workshop times are every Tuesday thru Thursday. They include beading and sewing instruction. Sewing Projects are located at the Lemmon Tree Lane office located next to the Virginia Cross Education Center.

Classes are open to all community members and tribal employees.

**Muckleshoot MONTHLY**

**READ THE MUCKLESHOOT MONTHLY ON-LINE AT:**  
<http://www.muckleshoot.nsn.us/community/muckleshoot-monthly.aspx>

**Community Classes**

**The Cultural Program**  
**2016 Class Schedule**

**Culture Song, Dance & Dinner**

When:  
• Every 2nd Tuesday of the month: Canoe Family song & dance. 5:30 to 7:30 PM

Food & drinks will be provided.

**Get Your Weave On!**

When:  
Tuesdays (except 2nd Tuesday's) 12:00 PM to 8:00 PM  
Wednesdays & Thursdays 9:00 AM to 5:00 PM

Where:  
Canoe Family Clubhouse @ 38907 172nd Ave SE.  
(In-between the Community Resources and Muckleshoot Police buildings)

Classes are open to all community members and tribal employees.

For questions regarding the Weaving class Please contact: Gail White Eagle 253-876-3052

For questions regarding Culture Night Please contact: James Smiskin 253-876-3013

**SUBSCRIBE TO THE MONTHLY...**

The Muckleshoot Monthly is delivered free of charge to members of the Muckleshoot Tribal Community. You can help us to serve you better by providing us with an up-to-date address. Please fill out the form below and mail it to:

**MUCKLESHOOT MONTHLY**  
39015 - 172nd Ave. SE  
Auburn, WA 98092

----- clip and return -----  
**SUBSCRIPTION REQUEST / ADDRESS UPDATE**

New subscription  Address change

Name \_\_\_\_\_  
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City & State \_\_\_\_\_ Zip \_\_\_\_\_  
If this is an address change, list previous address:  
Address \_\_\_\_\_  
City & State \_\_\_\_\_ Zip \_\_\_\_\_  
 I am a Muckleshoot tribal member,  
 I have ties to the Muckleshoot Tribal Community Please explain: \_\_\_\_\_

**Muckleshoot Monthly**  
John Loftus, Managing Editor  
Evan Avila, Assistant Editor  
39015 172nd Avenue SE  
Auburn, WA 98092



Muckleshoot.Monthly@muckleshoot.nsn.us

**2016-17 Muckleshoot Tribal Council**  
Virginia Cross, Chair  
John Daniels Jr., Vice-Chair  
Jeremy James, Secretary  
Jaison Elkins, Treasurer  
Mike Jerry Sr.  
Kerri Marquez  
Anita Mitchell  
Marie Starr  
Louie Ungaro



One of the happiest days of my life. Everyone's happy today @ stands and we had some visitors stop by!!!! Thanking our Creator to see smiling healthy faces!!! My Loves / My Life...

~ Thea Nelson-Jerry, July 3, 2016

## TRIBAL MEMBERS FROM CALIFORNIA PAY A VISIT



Joey and Victor Mendoza, shown here with Councilmember Kerri Marquez, were recent visitors at Muckleshoot.



This is Victor Mendoza and Anthony Lozier also during the visit! Cousins!



Happy 1st Birthday to our babygirl, Skuya! You bring so much joy into our lives and each moment spent with you is a blessing. We love you so much!

*Love, Daddy and Mommy*



### Welcome Wyndle Wayne Lezard!

8lbs 6oz, 21 inches long  
Born at 11:38am on May 23rd, 2016

Proud Parents: Robert (Bubba) Lezard & Michelle Morrow"



Happy 5th Birthday Telaya J. Evans!

From your Mommy, Daddy and Bro-Bro!  
Love you!



Colt Potts at 5 years old



Police Officer Colt Potts and his k9 Axel in training



Louis Potts 22 years old the original Rock



Louie Potts and Manny Oliver 30 years ago



**MUCKLESHOOT HONORED AT RACETRACK.** MIT was recognized recently during Emerald Downs' gala 20th Anniversary Celebration for the leading role it's played in the industry. MIT Vice-Chair John Daniels Jr. accepted a horse-head trophy (at left) on behalf of the tribe.